

# HEALTH PROMOTION PLAN 2021

Terang and Mortlake Health Service





## Acknowledgement of Country

Terang and Mortlake Health Service (TMHS) respectfully acknowledges the Traditional Owners and Custodians of the land on which we work and live, the Kirrae Whurrong people, and their Elders past and present.

## About us

TMHS provides a wide range of health care services to a geographic area of approximately 3,108 km<sup>2</sup> covering the townships/districts of Terang, The Sisters, Ecklin South, Noorat and Glenormiston South (Terang & district) and Mortlake, Caramut, Derrinallum and Woorndoo (Mortlake & district) which are in the Shires of Corangamite and Moyne respectively.

TMHS also invests in health promotion activity, this investment reflects the importance of promoting health alongside the provision of excellent healthcare and rehabilitation services.



## Context

TMHS have developed this health promotion plan to align our effort with the overarching strategic plan and to articulate our vision and activity. TMHS are funded to deliver health promotion activity. TMHS supports health promotion activity with a 0.8 EFT Health Promotion Officer position.



## Strategic alignment of effort

Under the directive of the Corangamite Health Collaborative, the Healthy Well Corangamite Network strategically aligns their efforts to complement the Corangamite Shire Municipal Public Health and Wellbeing Plan. This was undertaken to strengthen collective efforts across the Shire. Across the Corangamite Shire there is approximately 2.3 EFT dedicated to the implementation of health promotion initiatives.

In a less formal manner, the same approach, where possible, is taken across the Moyne Shire. Across the Moyne Shire there is approximately 1.2 EFT dedicated to the implementation of health promotion initiatives. These collective efforts also feed directly into the Regional Integrated Health Promotion Plan which is directly reported onto the Department of Health and Human Services by South West Primary Care Partnership on behalf of the health services.

TMHS decided to develop an internal 12-month interim health promotion plan to better align with the lifecycle of the four-year Municipal Public Health and Wellbeing Plans.

## What is Health Promotion?

### What is health?

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” - World Health Organization, 1946.

### What is health promotion?

“Health promotion is the process of enabling people to increase control over, and to improve their health” - Health Promotion Glossary, 1998.

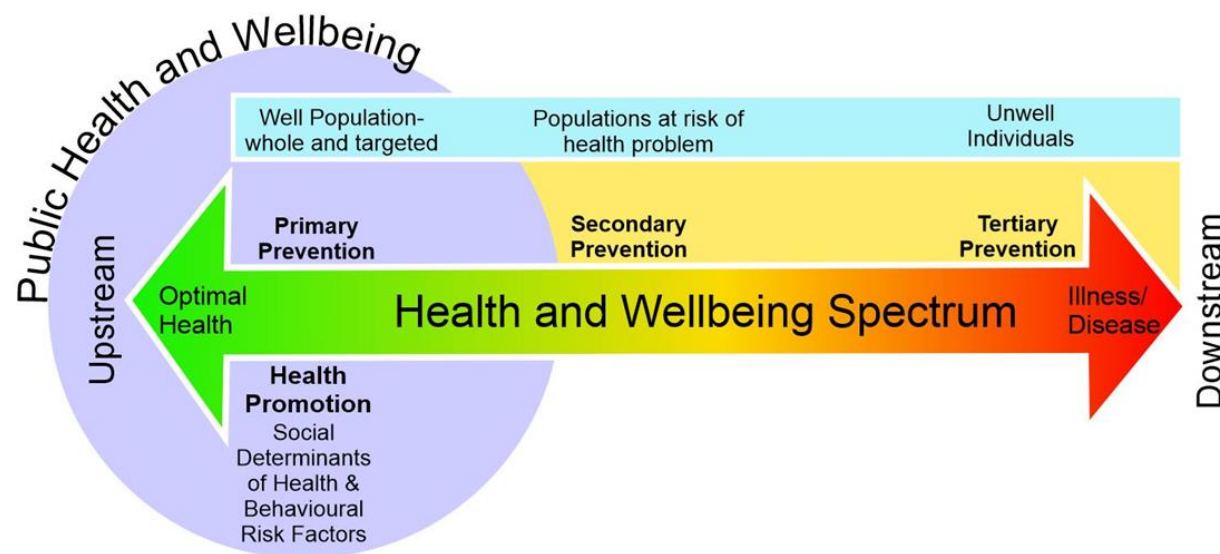
### Why invest in health promotion?

Chronic conditions such as type 2 diabetes, heart disease and some cancers as well as anxiety and depression present huge challenges to the health system as they're expensive to treat and burden families and communities through pain and suffering, loss of income or productivity. Death and disability from poor health can be prevented.

Encouraging lifestyle change is one way health promotion works but when we look deeper we see that it's about more than just encouraging lifestyle change there are also more complex underlying elements that contribute to illness. These are known as the social determinants of health and they include income, cultural background, employment, housing, education and social support.

For example if you're unemployed you're more likely to live in poor housing, have limited social support and thus are more likely to experience stress, anxiety, depression and you're more likely to smoke. Similarly if you're from a culturally diverse background you may experience racism which can also lead to stress, anxiety and depression.

Health promotion works to address issues like these by taking action on the things that cause ill-health, i.e. the determinants of health, these include: supporting strong social networks, advocating for respectful relationships, encouraging attitude change, developing healthy safe and supportive communities, ensuring research informs efforts and supports good public policy and works to reduce health inequalities.



## Our Health Promotion Vision

Those living in South West Victoria are healthy and thriving.



## Our priority areas

In line with the Victorian Department of Health and Human Services: “Public Health and Wellbeing Plan 2019 - 2023”, the Corangamite Shire “Health and Wellbeing Plan 2017-2021” and the Moyne Shire Council “Municipal Health and Wellbeing Plan 2017-2021”, TMHS have decided on the following health priority areas:

- Social and emotional wellbeing
- Healthy eating and active living
- A healthy workplace

## Partnerships

TMHS are members of the Healthy Well Corangamite Network and provide backbone support for the Physical Health working group. The Healthy Well Corangamite Network currently consists of representatives from:

- Terang & Mortlake Health Service
- Beaufort & Skipton Health Service
- Camperdown Community House
- Colac Area Health
- Cooinda
- Corangamite Shire Council
- Department of Health and Human Services
- Simpson & District Community Centre
- South West Healthcare
- South West Primary Care Partnership
- South West Sport
- South West Tafe
- Timboon & District Healthcare Services
- Western Region Alcohol and Drug Centre
- Women’s Health & Wellbeing Barwon South West



These organisations have a shared purpose of working together to improve health and wellbeing for the Corangamite community.

## Guiding principles

The following principles guide our health promotion planning and decision making, these ensure our sustained investment in health promotion leads to improvements in population health and wellbeing.

We ensure all of our work:

- Is in line with the TMHS Health Promotion Plan
- Addresses the social determinants of health
- Is evidence-based or will contribute to building evidence
- Embraces an equity approach
- Considers diversity including gender, culture, ethnicity, age, disability and sexual orientation
- Is developed in collaboration with others
- Creates lasting change

## The Victorian Achievement Program

### What is the Victorian Achievement Program?

The Achievement Program supports Victorian workplaces, schools and early childhood services to create healthy places for working, learning and living. The Achievement Program is free and is supported by the Victorian Government and delivered by Cancer Council Victoria.

Workplaces, schools and early childhood services in the Achievement Program are guided to look at health and wellbeing within their organisation, and determine what policies, cultural and environmental changes are needed to improve the health of their workers, students, children and wider community.



### Why is the Achievement Program used as a key strategy in this plan?

The Achievement Program is aligned to international best-practice and the World Health Organization's model for health promoting schools and healthy workplaces.

## Priority 1: Social and emotional wellbeing

**Goal:** *More people will feel supported and connected within the local community*

\* The key social and economic determinants of mental health are: social connection, physical activity, freedom from violence, discrimination and access to economic resources. In seeking to promote mental health and wellbeing this plan is focusing on improving social connection.

**Objective 1:** *By December 2021, more Early Childhood Services across the Moyne Shire will be actively implementing a whole-of-setting approach to health and wellbeing*

**Objective 2:** *By December 2021, two additional schools across Corangamite and Moyne will be accredited for the 'Mental Health and Wellbeing' priority area of the Achievement Program*

**Objective 3:** *By December 2021, there will be more opportunities to stay or become socially connected in Terang, Mortlake and surrounds*

Strategy	Measure	Baseline (Nov 2020)	Target (Dec 2021)
<p><u>ACHIEVEMENT PROGRAM:</u></p> <ol style="list-style-type: none"> <li>Partner with South West Healthcare in supporting interested Early Childhood Services across the Moyne Shire in implementing the Achievement Program</li> <li>Explore opportunities for partnership with Moyne Shire Council to implement the Achievement Program in cluster-managed Kindergartens</li> </ol>	<ul style="list-style-type: none"> <li>Number of Early Childhood Services actively working towards the Achievement Program in the Moyne Shire</li> <li>Active working relationship with Moyne Shire Council</li> </ul>	<ul style="list-style-type: none"> <li>Two Early Childhood Services are actively working towards the Achievement Program in the Moyne Shire</li> <li>Initial meeting with Moyne Shire Council in October, 2020. Invitation to re-engage with Council in February 2021.</li> </ul>	<ul style="list-style-type: none"> <li>An increase in Early Childhood Services actively working towards the Achievement Program in the Moyne Shire</li> <li>Mutual beneficial partnership with Moyne Shire Council Family &amp; Children's Services</li> </ul>





<p><b>3.</b> In partnership with South West Healthcare, continue to support Corangamite Shire Family &amp; Children's Services in implementing the 'Safe Environments' priority area of the Achievement Program</p> <p><b>4.</b> Support schools across Corangamite and Moyne to gain accreditation for the 'Mental Health and Wellbeing' priority area of the Achievement Program</p>	<ul style="list-style-type: none"> <li>○ Achievement Program progress</li> <li>○ Number of action plans developed; action plans implemented; and accreditation status</li> </ul>	<ul style="list-style-type: none"> <li>○ Zero action plans developed; zero action plans being implemented; and not accredited for this priority area</li> <li>○ Two action plans developed; two action plans being implemented; and no new accreditations for this priority area</li> </ul>	<ul style="list-style-type: none"> <li>○ Cluster-managed Kindergarten's, Mobile Child Care and Family Day Care Services are actively working towards becoming accredited for the 'Safe Environments' priority area</li> <li>○ Two schools are accredited for the 'Mental Health and Wellbeing' priority area</li> </ul>
<p><u>COVID-19 RECOVERY:</u></p> <p><b>1.</b> Support COVID-19 recovery in the broader community</p>	<ul style="list-style-type: none"> <li>○ Social connection initiatives undertaken</li> </ul>	<ul style="list-style-type: none"> <li>○ One social connection initiative implemented (Cuppa's for Corangamite Champions)</li> </ul>	<ul style="list-style-type: none"> <li>○ At least one additional social connection initiative implemented in the Terang community; and at least one social connection initiative implemented in the Mortlake community</li> </ul>

## Priority 2: Healthy eating and active living

**Goal:** *Our local community is a supportive environment that promotes healthy eating and an active lifestyle*

**Objective 1:** *By December 2021, more Early Childhood Services across the Moyne Shire will be actively implementing a whole-of-setting approach to health and wellbeing*

**Objective 2:** *By December 2021, there will be more opportunities to be physically active in the Mortlake community*

Strategy	Measure	Baseline (Nov 2020)	Target (Dec 2021)
<p><u>ACHIEVEMENT PROGRAM:</u></p> <ol style="list-style-type: none"> <li>Partner with South West Healthcare in supporting interested Early Childhood Services across the Moyne Shire in implementing the Achievement Program</li> <li>Explore opportunities for partnership with Moyne Shire Council to implement the Achievement Program in cluster-managed Kindergartens</li> </ol>	<ul style="list-style-type: none"> <li>Number of Early Childhood Services actively working towards the Achievement Program in the Moyne Shire</li> <li>Active working relationship with Moyne Shire Council</li> </ul>	<ul style="list-style-type: none"> <li>Two Early Childhood Services are actively working towards the Achievement Program in the Moyne Shire</li> <li>Initial meeting with Moyne Shire Council in October, 2020. Invitation to re-engage with Council in February 2021.</li> </ul>	<ul style="list-style-type: none"> <li>An increase in Early Childhood Services actively working towards the Achievement Program in the Moyne Shire</li> <li>Mutual beneficial partnership with Moyne Shire Council Family &amp; Children's Services</li> </ul>
<p><u>PHYSICAL ACTIVITY OPPORTUNITIES:</u></p> <ol style="list-style-type: none"> <li>Continue exploring opportunities for partnering with South West Sport</li> </ol>	<ul style="list-style-type: none"> <li>Number of joint initiatives implemented</li> </ul>	<ul style="list-style-type: none"> <li>Implemented 'Bowling with Babies' in Terang (2019)</li> </ul>	<ul style="list-style-type: none"> <li>At least one physical activity opportunity will be implemented in the Mortlake community</li> </ul>

### Priority 3: A healthy workplace

**Goal:** *Terang and Mortlake Health Service will be a health-promoting workplace*

**Objective 1:** *By December 2021, there will be an increased amount of 'green' food/drink options available to staff*

**Objective 2:** *By December 2021, staff will have greater knowledge around key health areas i.e., healthy eating, physical activity, smoking, alcohol & substance abuse and mental health & wellbeing*

**Objective 3:** *By December 2021, Terang and Mortlake Health Service will have achieved 3/5 priority areas of the Achievement Program*

Strategy	Measure	Baseline (Nov 2020)	Target (Dec 2021)
<p><u>HEALTHY CHOICES GUIDELINES:</u></p> <p>1. Implement the Healthy Choices Guidelines at TMHS</p>	<ul style="list-style-type: none"> <li>Updates to the TMHS Healthy Eating Policy have been made</li> <li>Sustainable whole-of-service menu changes are being made to the food/drinks we offer staff</li> </ul>	<ul style="list-style-type: none"> <li>The Nutrition Management Committee have committed to implementing the Healthy Choices Guidelines</li> <li>The TMHS Healthy Eating Policy does not include information around the Healthy Choices Guidelines</li> <li>TMHS do not meet the Healthy Choices Guidelines</li> </ul>	<ul style="list-style-type: none"> <li>The Healthy Eating Policy has been updated and includes information around the Healthy Choices Guidelines</li> <li>To work in partnership with the Victorian Healthy Eating Advisory Service to assess menu choices</li> <li>TMHS are implementing the Healthy Choices Guidelines</li> </ul>



<p><u>STAFF EDUCATION:</u></p> <ol style="list-style-type: none"> <li>1. Educate staff on the Achievement Program through compulsory training</li> <li>2. Promote awareness raising events identified in the TMHS 'Calendar of Events'. Key areas of focus include: healthy eating, physical activity, smoking, alcohol and other drug use and mental health and wellbeing.</li> </ol>	<ul style="list-style-type: none"> <li>o % of staff that completed compulsory training over a 2-year period</li> <li>o Amount of awareness raising events promoted to staff</li> </ul>	<ul style="list-style-type: none"> <li>o 129/150 of staff have completed the Achievement Program education</li> <li>o TMHS 'Calendar of Events' document is being finalised</li> </ul>	<ul style="list-style-type: none"> <li>o 95% of all staff have received Achievement Program education</li> <li>o At least one awareness raising event is promoted for each area of focus</li> </ul>
<p><u>ACHIEVEMENT PROGRAM:</u></p> <ol style="list-style-type: none"> <li>1. Gain accreditation for the 'Alcohol and Other Drug Use' priority area of the Achievement Program</li> <li>2. Gain accreditation for the 'Smoking' priority area of the Achievement Program</li> </ol>	<ul style="list-style-type: none"> <li>o Action plan developed; action plan implemented; and accreditation status</li> <li>o Action plan developed; action plan implemented; and accreditation status</li> </ul>	<ul style="list-style-type: none"> <li>o Action plan has been developed; action plan is in the process of being implemented; not accredited for this priority area</li> <li>o No current action plan; not accredited for this priority area</li> </ul>	<ul style="list-style-type: none"> <li>o Accredited for the 'Alcohol and Other Drug Use' priority area</li> <li>o Accredited for the 'Smoking' priority area</li> </ul>