

Prevention in the Grampians

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Victorian public health and wellbeing policy provides the strategic direction for prevention in Victoria



Public Health and Wellbeing Act 2008[†]

No. 46 of 2008



Victorian public health and wellbeing plan
2015–2019



A line of site from state direction to local action



Victorian public health and wellbeing plan 2015-2019
Outcomes framework



Victorian public health and wellbeing plan 2015
Action Plan



Cardina Shire Council
Municipal Public Health and Wellbeing Plan 2013-17



Creating a better place to live



79 Local Governments
92 Health services



Latrobe City
Municipal Public Health and Wellbeing Plan
2013 - 2017



Refocusing on outcomes

Victorian public health
and wellbeing outcomes
framework



Victorians have the
capabilities to participate

Victorians participate in learning
and education

Victorians participate in and
contribute to the economy

Victorians have financial security

Victorians are connected to
culture and community

Victorians are socially engaged and
live in inclusive communities

Victorians can safely identify and
connect with their culture and
identity

Victorians are healthy and well

Victorians have good physical
health

Victorians have good mental health

Victorians act to protect and
promote health

Victorians are safe and secure

Victorians live free from abuse and
violence

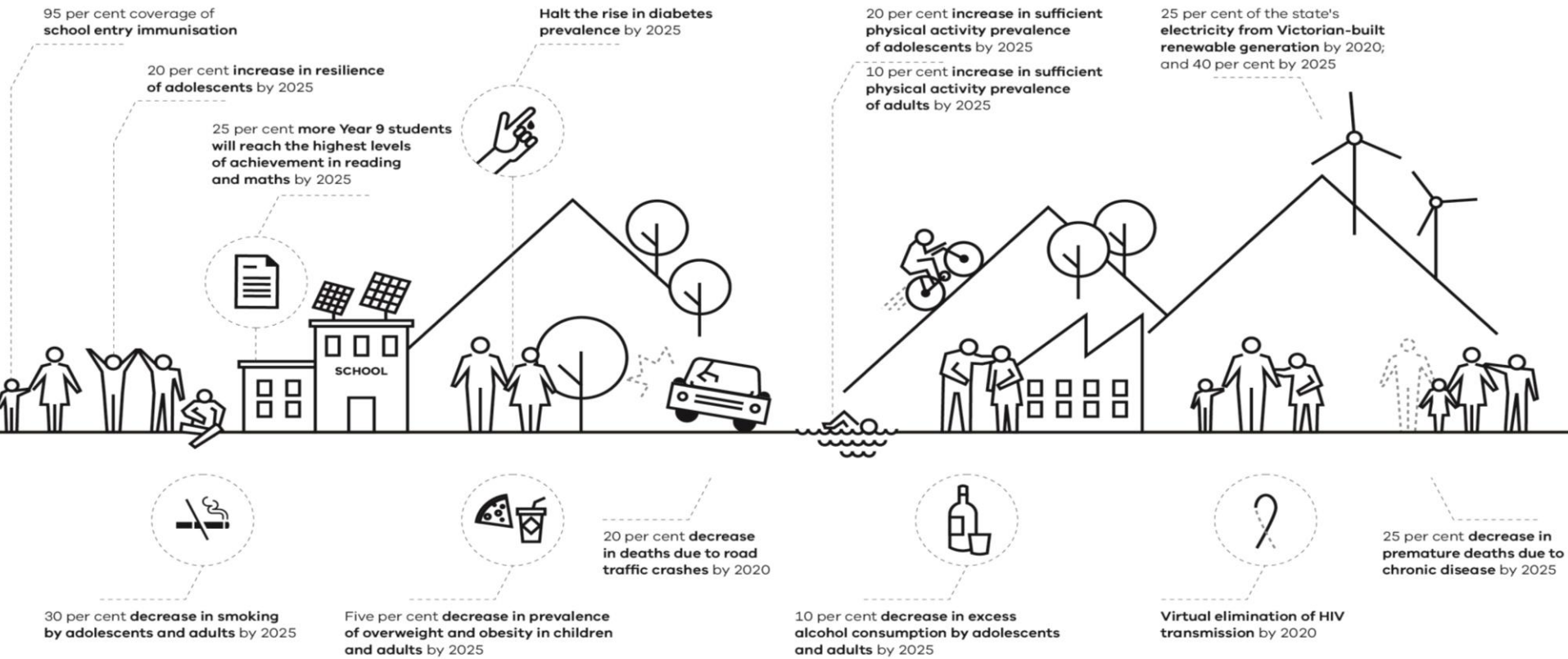
Victorians have suitable and stable
housing

Victoria is liveable

Victorians belong to resilient and
liveable communities

Victorians have access to
sustainable built and natural
environments

Ambitious targets



Prevention & early intervention

Primary Prevention	Secondary prevention (early intervention)	Tertiary prevention (treatment, response and support)
Aims to prevent problems occurring in the first place	Aims to stop, interrupt, reduce or delay progression of a problem	Aims to minimise the impact of an established problem and prevent complications
Whole of system Whole of population Vulnerable population	Higher risk individuals and cohorts Individuals with early stage of a problem	Individuals with an established problem

Prevention in the Grampians

- Each year, over \$4 million is invested in Integrated Health Promotion (IHP) in Grampians by DHHS
- Funding is provided to health services and community health organisations.
- ‘Healthier Eating and Acting Living’ is the common priority across Grampians
- Primary Care Partnerships (PCP’s) are leading local collective impact approaches
- Focus on leveraging systems approach and ‘non-traditional’ health partnerships

Prevention Workforce in Grampians

- Total 1255 hours per week (33 FTE) reported in prevention activities
- 25% respondents stated they worked across 2-6 LGA's
- 61% respondents stated they did not have specific health promotion or public health qualifications
- Prevention activities frequently carried out by allied health professionals
- Training and professional development needs identified

Outcome Measures being used in Grampians

Proportion of adults, adolescents and children who consume sufficient fruit and vegetables

Proportion of adults, adolescents and children who consume sugar sweetened beverages daily

Proportion of adults, adolescents and children who are sufficiently physically active

Proportion of people participating in organised sport

Proportion of adults sitting for seven or more hours on an average weekday

Proportion who belong to an organised group

Grampians Allied Health Workforce Strategic Plan 2017-2020

4. Victorian Public Health and Wellbeing Plan (2015-19)

Objective: Use the Victorian Health and Wellbeing Plan as a framework to improve the health promotion focus of allied health services in the Grampians Region			
Rationale: Allied health has an important role in health promotion through the delivery of clinical services and health promotion projects and programs			
Activities	Outcomes	Responsible	Timeline
For the allied health sector to work with local Primary Care Partnership organisations in the Grampians Region to develop an action plan for addressing the priority area they identify in the Victorian Public Health and Wellbeing Plan (2015-19)	<ul style="list-style-type: none"> Allied health represented on project steering committees to identify priorities and outline actions for Primary Care Partnership health promotion plans A collaborative, joined up approach to achieve improvements identified in priority areas 	<ul style="list-style-type: none"> Grampians Allied Health Leaders Network Grampians Region Health Promotion Coordinator Primary Care Partnerships in Grampians Region Sub-regional allied health representative 	<ul style="list-style-type: none"> Commence July 2017 and then ongoing
Research best practice for health promotion in clinical allied health services in the areas of: intake, assessment, care planning and discharge planning. This will also support the principle of client centred practice.	<ul style="list-style-type: none"> A report outlining best practice for health promotion in clinical allied health services 	<ul style="list-style-type: none"> Grampians Allied Health Leaders Network DHHS, Rural Workforce Development Officer, Grampians Region 	<ul style="list-style-type: none"> June 2018
Document case studies of allied health projects in the Grampians Region which have a strong health promotion focus and are having a positive impact on health and wellbeing in their local communities.	<ul style="list-style-type: none"> These projects promoted and showcased through the Barwon South West and Grampians Allied Health Conference, the allied health section of the website and the Grampians Allied Health Leaders Network 	<ul style="list-style-type: none"> DHHS, Rural Workforce Development Officer, Grampians Region 	<ul style="list-style-type: none"> December 2018

Active and Healthy Ageing Adviser (AHAA)

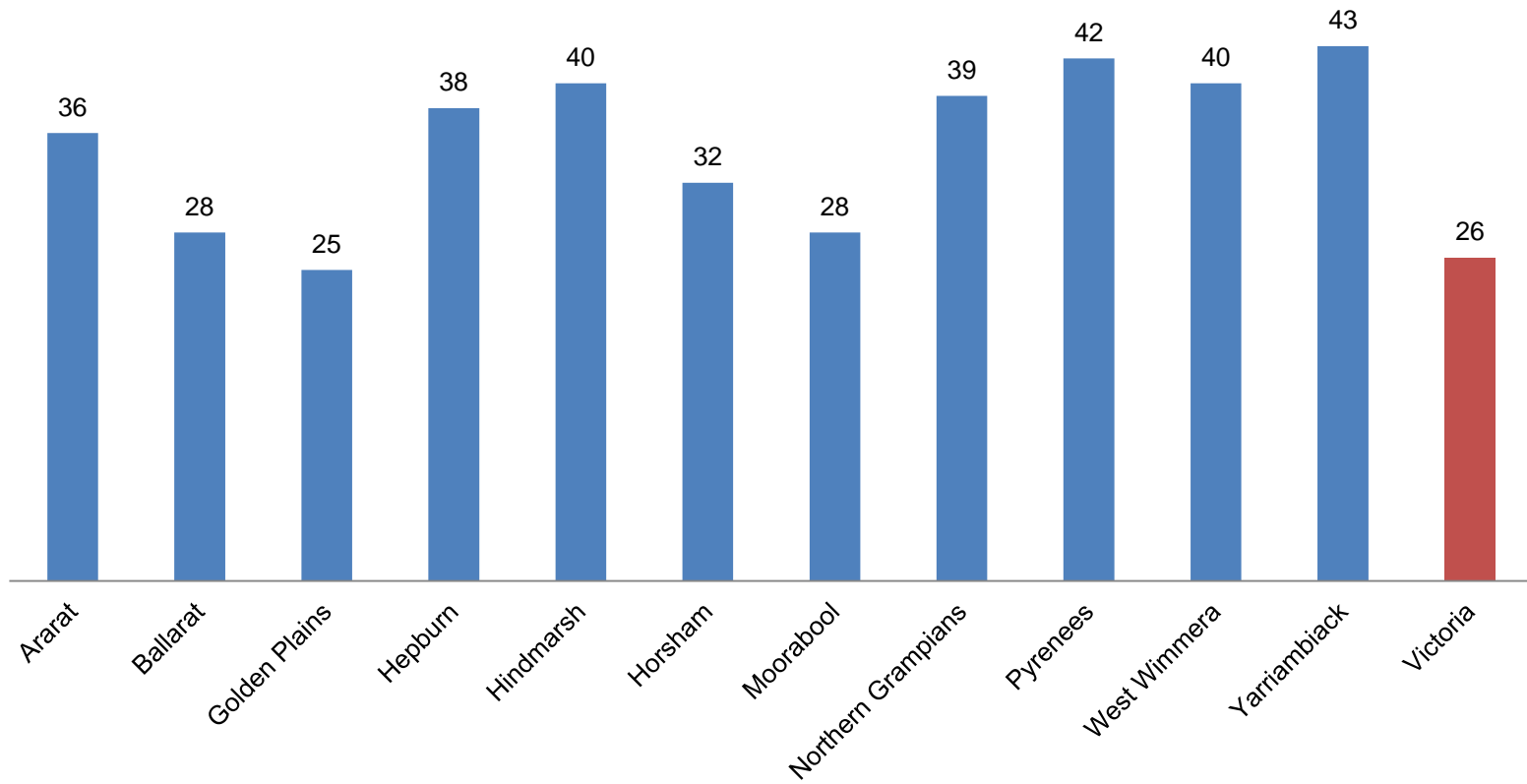
Active and Healthy Ageing Advisers:

- 10 across the state, located in Department of Health and Human Services and Regional Sports Assemblies
- State-wide Coordinator based in Melbourne
- Focus on adults aged 50years and over, particularly those experiencing disadvantage and social isolation.
- Priority areas of focus align with prevention work in the Grampians



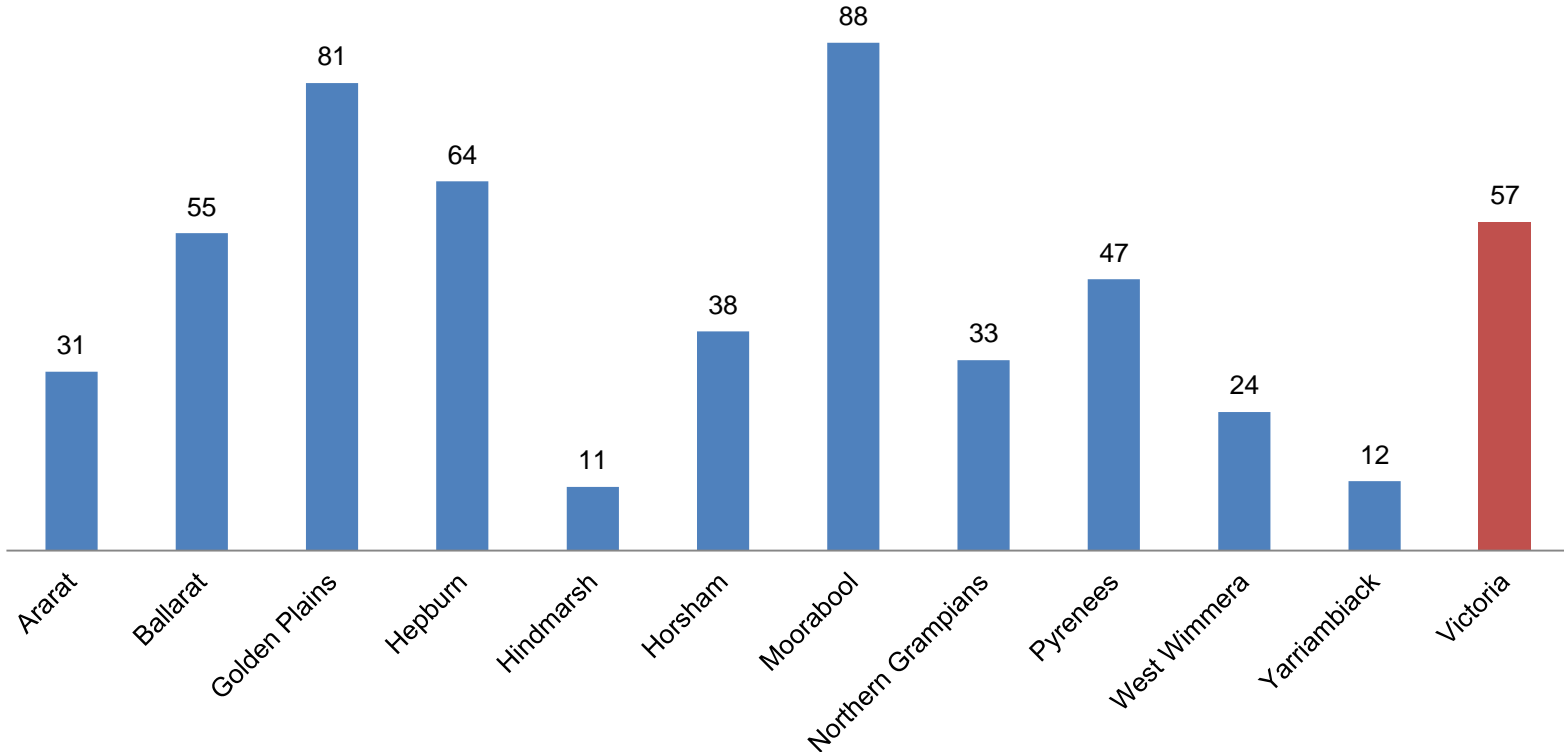
Why focus on ageing?

Percentage of population aged 55years+

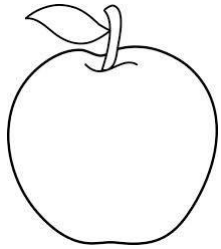


Why focus on ageing cont.?

Expected percentage increase in population aged 65 years +



Why a focus on ageing cont.?



1/2 meet
recommended
fruit intake guidelines



8% meet
recommended
vegetable intake
guidelines



45% meet physical
activity recommendations



92,000+
suffered a serious injury
resulting from a fall



More than
413,000
people living with
Dementia



25- 40%
at risk of malnutrition
or malnourished

What do we need to consider with ageing?

Things change, but let's not think of change as decline.

Dentition, swallowing, nutrient absorption, motor skills, physical function, cognitive function and social situation (just to name a few!) all change with increasing age.

Allied health are well placed to provide a preventative approach to maintain function, independence, promote healthy ageing and challenge ageism.



AHAA work across the Grampians

State-wide Actions	Local Actions
Priority Area: Healthy Eating	
Participation in the Victorian Healthy Eating Enterprise	Ageing lens applied to healthy eating strategies within MPH&WPs and Integrated Health Promotion plans.
Review application of Healthy Choice Guidelines to ageing settings.	Possible pilot project – Healthy Seniors Meals in Pubs and Clubs
Priority Area: Active Living	
Collaboration with Victorian Active Ageing Partnership (VAAP)	Ageing lens applied to active living strategies within MPH&WPs and Integrated Health Promotion plans.
Network with stakeholders to embed strategies for physical activity for ageing cohort in existing programs.	Support providers of physical activity to use the VAAP audit tool to ensure programs are age friendly.

AHAA work across the Grampians cont.

State-wide Actions	Local Actions
Priority Area: Resilient and Liveable Communities	
Provide ageing lens focus into MPH&WPs, Integrated Health Promotion Plans, Positive Ageing Strategies.	Ageing cohort considered and reflected in Council MPH&WPs and Integrated Health Promotion plans.
Age Friendly / Dementia Friendly environments	Provide ageing lens focus into Men's Shed and Neighbourhood Houses
Priority Area: Preventing Violence and Injury – Falls Prevention	
Falls prevention awareness	Yarriambiack YCHANGE program.

And much more!

Allied Health and AHAA – opportunities for collaboration

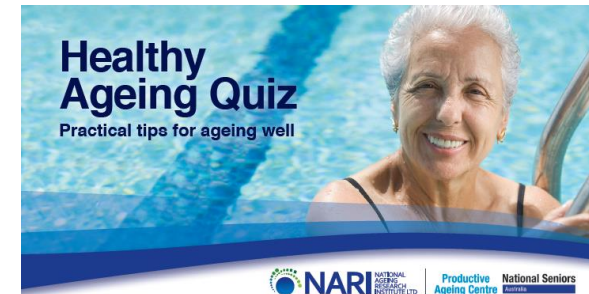
How AHAs are already working with Allied Health Clinicians

- Ageing focussed professional development
- Yarriambiack YCHANGE program

Possible ideas for Grampians

- Healthy ageing screening tool
- Discharge planning and linking with community
- Ageing focussed professional development

Any other ideas?

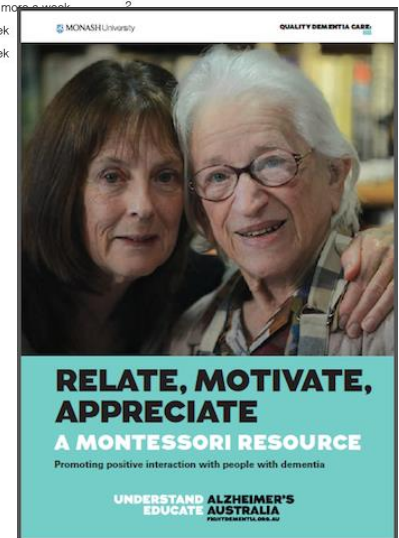


Is your current lifestyle helping you age well?
If you are over 50, this quiz is for you.

What to do: Answer all the questions then add up your score to see what it tells you about your current lifestyle. Tick the responses that describe your regular and current activities and behaviour. If you can't decide between two responses, tick the one with the lower score.

1. In a typical week, do you do 30 minutes of moderately intense physical activity a day?
This means activity that causes your heart to beat faster and makes you breathe harder, but you can still talk comfortably. Activities such as brisk walking, mowing the lawn or heavy housework. 30 minutes can be in 10-15 minute blocks.

- Yes, 5 days or more a week
- 3-4 days a week
- 0-2 days a week



New platform for sharing learning across the sector



A united effort
for better health and wellbeing



prevention.health.vic.gov.au



[@PreventionVic](https://twitter.com/PreventionVic)

Thanks and contact details

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