

HEALTHY Heart & VICTORIA

Healthy Heart of Victoria Framework



Foreword

When this Government established Regional Partnerships back in 2016, we were clear that we wanted to hear from regional Victorians about what mattered most to them.

In Loddon Campaspe, the message was loud and clear.

The community told the Loddon Campaspe Regional Partnership from the very beginning that it was concerned about health in the region and about some of the health statistics and outcomes experienced in Loddon Campaspe.

The community also told the Partnership that it thought health was the business of everyone, not just health services and health professionals.

The Partnership brought this community voice to Government.

This Government places a high value on health and wellbeing and acknowledges the links between where people live, learn, work and play, and their health. We know that acting locally with the help of local communities is key to turning around some of the concerning trends we are seeing, particularly in regional areas, related to being an unhealthy weight.

When the Loddon Campaspe community told us they wanted to do something locally, we listened.

First, we funded the development of a business case. More than 100 people from 20 organisations across Loddon Campaspe joined forces, spending many hours workshoping, developing and designing a vision for this program.

What was created was a co-designed, regionally owned model, suited to the local environment, aimed at improving health outcomes. As you told Government, this community wanted more people, more active, more often, and you told us how it could be done.

In Budget 2018/19, the Government delivered with \$5 million for this initiative.

The Healthy Heart of Victoria is a great example of the Regional Partnership model listening to our regional communities, delivering a message to the heart of Government, designing a solution with local stakeholders which fits the local setting, and then Government listening and delivering.

We are excited to see how, over the coming months and years, this project develops, and the impact it has in this community.

Helping people be healthy, eat well and stay active is crucial to preventing chronic disease; and to helping communities and Victorians thrive and live happy, productive and long lives



Jenny Mikakos MP
Minister for Health,
Minister for
Ambulance Services



Jaclyn Symes MP
Minister for Regional
Development, Minister
for Agriculture,
Minister for Resources

The Loddon Campaspe Regional Partnership is one of nine Regional Partnerships established by the Victorian Government in June 2016. There are six Local Government Areas (LGA); including Campaspe Shire, Central Goldfields Shire, City of Greater Bendigo, Loddon Shire, Macedon Ranges Shire and Mount Alexander Shire. The partnership members are deeply connected to their local communities and bring with them a wealth of experience and knowledge.



Background



The Loddon Campaspe Regional Partnership has held three Assemblies; large community town hall gatherings, to hear directly from community members about what is important to them.

The 2016 Assembly participants were clear in articulating that health is the business of everyone, not just health services and health professionals.

The Loddon Campaspe region has higher rates than the Victorian average of obesity, chronic disease, disability and high-risk health behaviours such as smoking.

If current trends in relation to obesity and the incidence of preventable chronic disease continue, the demand for health services will continue to rise.

The Loddon Campaspe Regional Partnership aims to achieve reduced levels of obesity and

support initiatives to build healthy and resilient communities. The partnership would like to see a reduction of preventable diseases, to do so promotion of localised solutions to health and well-being need to be enabling, participatory and community led.

Following advocacy through the LCRP and the Regional Assembly process, the Healthy Heart of Victoria was funded \$5M by the State Government of Victoria, which is administered through the Department of Health and Human Services.

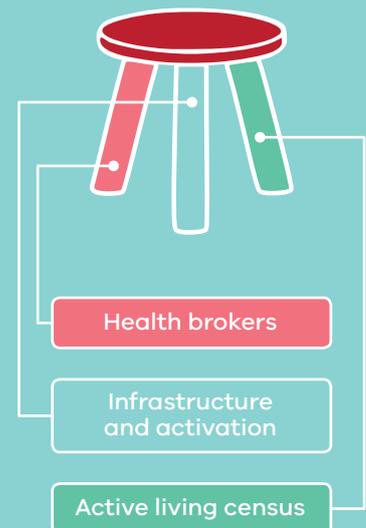
OUR GUIDING PRINCIPLES FOR THIS WORK:

We will ensure that our work:

- ✓ keeps our shared purpose front of mind
- ✓ leverages local and regional stakeholders
- ✓ aligns with local and regional plans
- ✓ balances evidence based and flexible approaches
- ✓ focuses on equity: the least active and least supported

We will focus on things that are:

- ✓ within the scope of the project: three legs of the stool
- ✓ deliverable in the timeframe
- ✓ place-based and make best use of local knowledge
- ✓ measurable
- ✓ able to be scaled up to a regional level
- ✓ sustainable in terms of behaviour change and financing



The co-design process

ENTIRE REGION REPRESENTED

28 partner organisations including:

- local government
- local health services
- primary care partnerships
- universities
- the regional partnership
- state government departments and agencies

3 WORKSHOPS
August and September 2018

>130 KEY STAKEHOLDERS

54 ATTENDEES

Fifty-four people from Twenty-one organisations worked together in the workshops to design a framework to support project governance, and each leg of the stool: Infrastructure and Activation, the Health Broker workforce, and the Active Living Census.

The framework includes elements such as decision making, funding, project scope, supporting documents, and processes for collaboration and support between partners.

Partners who couldn't attend the workshops gave feedback by phone and email, following each workshop. The region contributed over 600 hours developing the Health Heart of Victoria Framework.

At workshops, partners had the opportunity to work in detail on designing the 'leg' of the project that was most relevant to them, and to swap between groups to give and receive input and 'cross-pollinate' ideas. Big and complex decisions, about funding allocations, governance, and resourcing, were made by the group as a whole, by consensus, following conversations and debate.

Decisions and designs from each workshop were tested with a broader group of stakeholders via email, following each session.



The project



The Healthy Heart of Victoria project has three components that support each other to achieve real change in preventable health outcomes.



Active Living Census

This is an Evaluation and Measurement tool, which will enable evidence-based planning for the provision of health and recreation services and allow deep understanding of people's activity levels and preferences within regional and rural municipalities. Accessing such information will increase the effectiveness of investment in infrastructure and programs.



Loddon Campaspe Active Communities

More people, more active, more often

There is good active recreation infrastructure in place across the region, however we recognise that some of this infrastructure needs improvement or supportive programs that activate and enable more community members to increase their usage. For example: lighting key walking paths, ramps for swimming pools.



Health is Everyone's Business

Health and Wellbeing Brokers

A regional prevention network of health and wellbeing brokers is required to work across the six Loddon Campaspe councils. These brokers will be experienced public health practitioners who will work with their local communities to build knowledge and commitment, drive systems change and make health everybody's business.



The framework

The Framework lays out the strategic direction and function of the three elements of the Healthy Heart of Victoria project, together with the overarching Governance Structure to provide the stewardship for the vision and legacy of the project.

The Loddon Campaspe Regional Partnership has an aspirational outcome to achieve

“Reduced incidence of preventable disease through a systems approach”

This framework will support the unique opportunity which exists in the region as a result of the genuine engagement and collaboration between Local Government, Health Agencies and Primary Care Partnerships.

What we hope to achieve

Within the life of the project

- places that become safe, inclusive, accessible, and more active through thoughtful additions and changes
- activation of non-traditional recreation spaces
- increased participation in physical activity by our communities, right across the lifespan
- community ownership and partnership
- improved understanding of our communities and the barriers they face
- collection of data that we can use to make informed planning decisions into the future
- improved coordination and collaboration within and between LGAs

Beyond the life of the project

- sustainability of project outcomes
- everyday activity is normal, accessible, inclusive, simple and easy
- organisational change, towards health in all policies
- improved health through obesity prevention, and broader social, emotional and physical wellbeing
- increased understanding in the community of why and how to be healthy
- increased amount of people with a healthy weight
- collaborative regional advocacy for infrastructure funding, using data collected



Governance

All about Governance

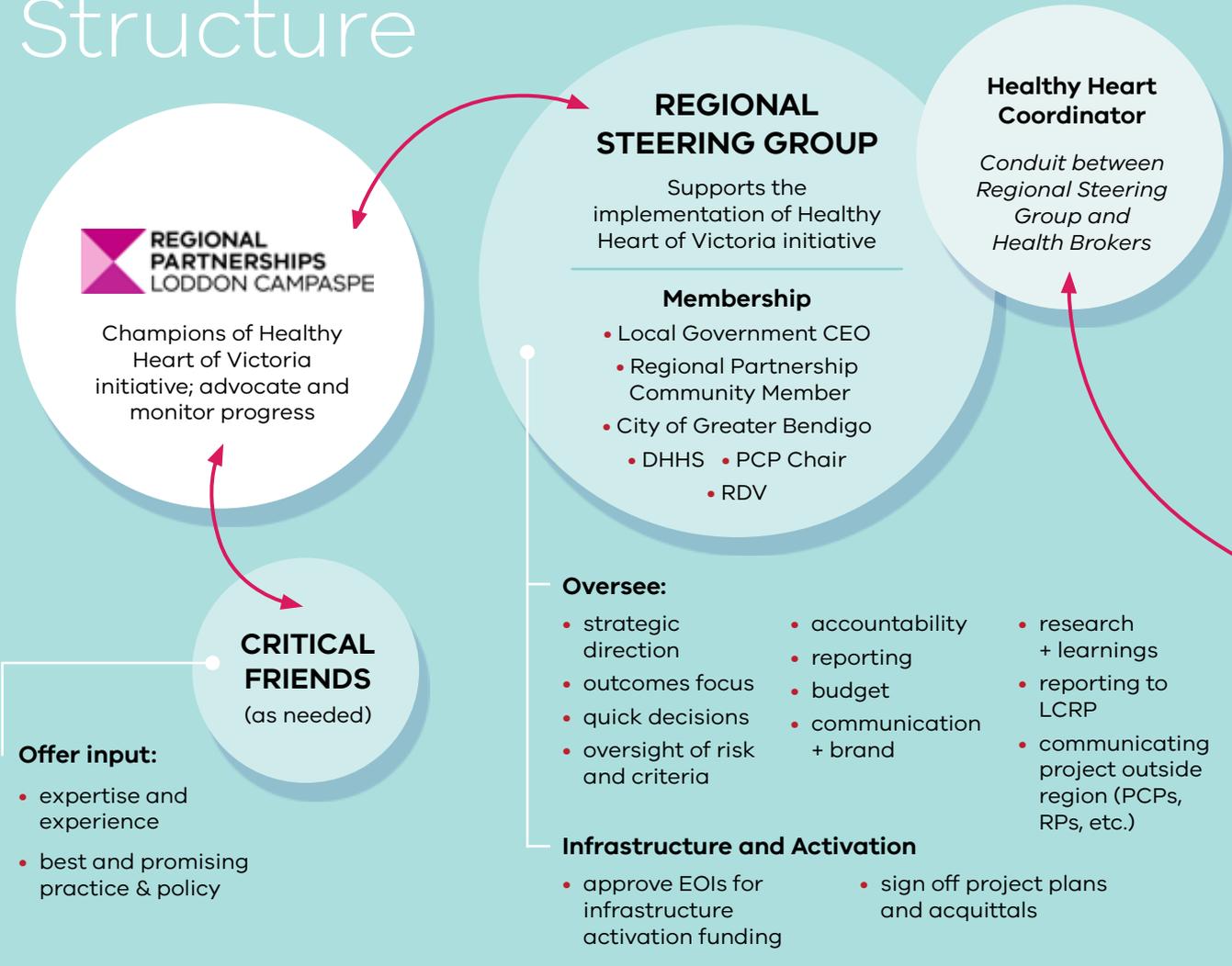
- ✓ Provides stewardship for the vision and legacy of the project
- ✓ Is simple, easy to understand, and participatory
- ✓ Uses a light touch
- ✓ Is supported by a partnership agreement
- ✓ Utilises a local and regional approach
- ✓ Provides an opportunity for a range of expertise to guide and support the project



LEGACY

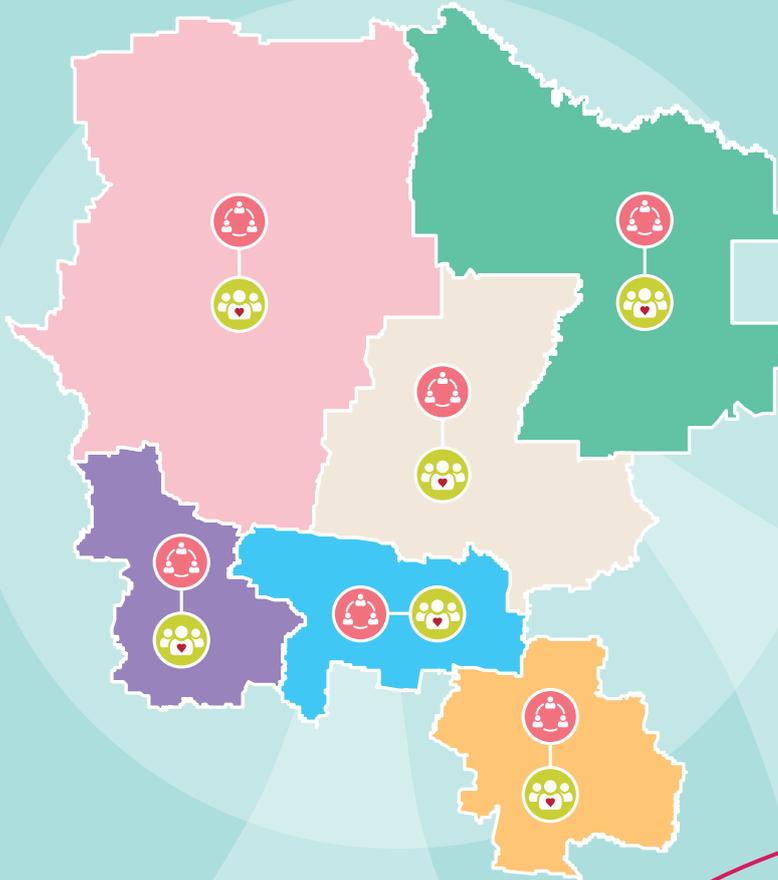
Effective collaboration between organisations in the region.

Structure



The Loddon Campaspe Region

-  Campaspe Shire Council
-  Central Goldfields Shire Council
-  City of Greater Bendigo
-  Loddon Shire Council
-  Macedon Ranges Shire Council
-  Mount Alexander Shire Council



LOCAL PROJECT CONTROL GROUPS

Coordinate work at a local level, chaired/sponsored by a Local Government Director (or their delegate) and supported by place-based Health Brokers



HEALTH BROKERS

Employed by COGB, line management provided by each hosting LGA, form a virtual team supported by the Coordinator

Conduit between Healthy Heart Coordinator and local Project Control Groups

Coordinating and supporting local:

- Active Living Census
- Infrastructure + program activation (including development of project plans, reporting, acquittal)
- Health Broker work and capacity building



Health Brokers



All about Health Brokers

The Loddon Campaspe region will be supported by six Health Brokers, placed in each Local Government area. The Health Brokers will be supported by the Healthy Heart Co-ordinator, who will co-ordinate the community of practice and lead the evaluation of the initiative.

Together the Health Brokers will:

- ✓ Support system change and encourage health to be the business of everyone
- ✓ Influence policy and practice
- ✓ Work together flexibly
- ✓ Undertake local and regional work
- ✓ Share learnings



LEGACY

Health in all policies and decision making in local governments.



Active Living Census



All about the Active Living Census

- ✓ Inform the project and future planning
- ✓ Give place based and population group data
- ✓ Provide granular detail about our communities
- ✓ Investigate physical activity, healthy eating and mental health data
- ✓ Provide benchmark data



LEGACY

Data that can be used to make informed planning decisions into the future.

What the Active Living Census will achieve:

Data collected from the Active Living Census provides us with a unique opportunity to both target infrastructure activation investment during the life of this project, and to make data-informed planning and investment decisions into the future. The data will also be an invaluable resource for the region, to support future collaborative advocacy efforts.



Infrastructure Activation



All about Infrastructure Activation

- ✓ Encourage local solutions to getting more people more active
- ✓ Utilise existing infrastructure
- ✓ Target low SEIFA areas
- ✓ Target projects that wouldn't otherwise happen and can't be funded elsewhere
- ✓ Focus on people whose participation in physical activity is below average
- ✓ Bring about a change in culture towards physical activity



LEGACY

A higher proportion of the population being active, and increased use of local recreation spaces and facilities.

Funding Guidelines

Funded

Updates to existing spaces and facilities that will increase use and address barriers to access. This may include:

- hard infrastructure upgrades (e.g. access, safety upgrades)
- soft infrastructure investment (e.g. sustainability and capacity of volunteers, start ups, and community groups)
- projects that focus on equity and getting people who are least active, or with the most disadvantage, more active

Not funded

- major sporting infrastructure
- projects already committed to and resourced by local government
- projects that focus on people who are already active

Process for approval

Local Project Control Groups, supported by Health Brokers and championed by Directors within each Local Government, will develop project plans for infrastructure activation work within their municipality. These plans will be signed off by the Regional Steering Group, who will also receive acquittal and evaluation information at the completion of the projects.



Evaluating progress

The Healthy Heart of Victoria will adopt a consistent and outcomes focused approach to evaluating the initiatives from delivering project.

Progress measures

It is recognised that improving public health and wellbeing can take many years and requires concerted and collective effort across a range of sectors. Measuring progress over the shorter term (6 to 24 months) provides feedback on whether collective efforts are on track to achieving population outcomes and targets.

Progress measures will focus on tracking evidence-informed changes that contribute substantially to reaching the desired health and wellbeing outcomes.

Outcomes framework

The *Victorian Public Health and Wellbeing Outcomes Framework (VPHWP Outcomes Framework)* will be adopted to provide a transparent approach to monitoring and reporting progress in our collective efforts to achieve health and wellbeing. The outcomes framework brings together a comprehensive set of indicators drawn from multiple data sources.

The relevant section of the *VPHWP Outcomes Framework* for the Healthy Heart of Victoria initiatives is outlined in Fig 1.



Fig 1: Indicators and Measures



Indicators

Increase healthy & active living

Measures



Proportion of adults, adolescents and children who are sufficiently active



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 overweight and obese



Proportion of journeys that use active transport



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



Acknowledgements

This Implementation framework for the Healthy Heart of Victoria project was co-designed by a series of workshops.

Project team

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Campaspe Primary Care Partnership	Loddon Campaspe Regional Partnership
Campaspe Shire Council	Loddon Shire Council
Central Goldfields Shire Council	Macedon Ranges Shire Council
Central Victorian Primary Care Partnership	Maryborough District Health Service
City of Greater Bendigo	Mount Alexander Shire Council
Cobaw Community Health	Murray Primary Health Network
Dja Dja Wurrung Aboriginal Corporation	Rochester and Elmore District Health Service
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HEALTHY Heart of VICTORIA



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