

## Integrated Health Promotion – Promoting Physical Activity and Active Communities

| Objective  | Intervention Type and Strategies   | Organisation | Partners  | 09/10 | 10/11 | 11/12 |
|--|--|--------------|---|-------|-------|-------|
| To provide information and increased knowledge in the broader community about the benefits of physical activity and good nutrition | C.1 To increase the knowledge of the benefits of physical activity for the Eaglehawk community by conducting a population based event during the Dahlia and Arts Festival annually   | BCHS         | Dahlia and Arts Committee<br>Eaglehawk Schools<br>Pre-Schools<br>Playgroups | ✓     | ✓     | ✓     |
|  | C.2 To provide information to parents, families and service providers to increase knowledge relating to healthy feet by conducting settings based information sessions   | BCHS         | Pre-schools<br>Schools<br>BH<br>CoGB<br>Local Business                      | ✓     | ✓     |       |
|  | C.3 Conduct a population based event for older adults  | BCHS         | Probus<br>Senior Citizens<br>CoGB<br>Media                                  | ✓     |       |       |
|  | C.4 To facilitate the “Healthy Habits for Children” and food services networks to promote healthy eating and physical activity information and resources for schools and early children’s services in Bendigo and surrounding areas to assist their ability to promote healthy eating and physical activity to children and families | BH           | Children Services<br>Playgroups<br>Schools                                  |       | ✓     |       |
|  | C.5 To provide training and support to children’s services or groups to support the ability of staff or volunteers to promote healthy eating and physical activity to children and families  | BH           | Long Gully OSHC<br>Playgroup  |       | ✓     |       |

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|           | C.6 To partner with local community men's services and groups (eg Men's Sheds) to educate participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge  | BH           | Men's Sheds<br>Men's Groups       |       | ✓     |       |
|           | C.7 To partner with local community services and groups to promote healthy eating and physical activity information to support local participating community member's knowledge and or skills about how to eat health and have healthy physical activity habits (Men's Health Week, Nutrition Week, Veteran Affairs Week, Aboriginal events, VIBE Alive promotional event) | BH           | BCHS<br>Dietitians<br>DVA<br>BDAC |       | ✓     |       |
|           | C.8 To partner with local neighbourhood renewal community services to educate their community group participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge (eg FIND)  | BH           | CoGB<br>BCHS<br>St Luke's         |       | ✓     |       |
|           | C.9 To partner with local Loddon Campaspe Multicultural Services to educate their community participants and support their knowledge and skills to eat healthy and have healthy physical activity habits with at least 50% of participants showing good knowledge (LCMS men, women and youth)  | BH           | LMCS                              |       | ✓     |       |
|           | C.10 To identify and address physical activity and nutritious food within the Bendigo Health workforce by June 2012  | BH           | Staff groups                      |       |       | ✓     |

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|           | C.11 Implement innovative training for staff working in Planned Activity Groups with a focus on Health Promotion  | CoGB<br>LSC  | BCHS<br>BDH<br>IDHS<br>HH<br>BRIT   | ✓     | ✓     |       |
|           | C.12 Provide support and encouragement to older adults to increase the proportion who participate in walking, strength training, dancing and other physical activity programs currently available | IDHS         | Inglewood<br>Community<br>Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To<br>Health Bridgewater<br>Group | ✓     | ✓     | ✓     |
|           | C.13 Develop a marketing strategy to increase community awareness of available local physical activity programs delivered and supported by IDHS   | IDHS         | Inglewood<br>Community<br>Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To<br>Health Bridgewater<br>Group | ✓     | ✓     | ✓     |
|           | C.14 Provide advice and information on diabetes at Rural Women's on Farm Gathering  | IDHS         | Diabetes Australia<br>Rural Women's On<br>Farm Gathering  | ✓     | ✓     | ✓     |
|           | C.15 Promote the usage of the PCP strength training posters to those aged 55 years and over across the Heathcote community  | HH           | PAC   | ✓     |       |       |

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|  | C.16 Conduct health education and information sessions in a range of settings to encourage the uptake of physical activity in the North Loddon area   | NDCHS        | Schools<br>Sports Clubs<br>Men's Sheds            | ✓     | ✓     | ✓     |
| To provide opportunities to specific groups to access and participate in physical activity and healthy eating programs | C.17 To collaboratively work with at least one local Bendigo school to improve their healthy eating and physical activity health promotion strategies   | BH           | School<br>School Community                        |       |       | ✓     |
|  | C.18 To conduct empowering group and/or individual information sessions for the "NETschool MOVE Project" students to support their knowledge and/or skills with at least 50% showing good knowledge of how to eat healthy and have healthy physical activity habits | BH           | NETschool   |       | ✓     |       |
|  | C.19 Conduct older adults strength training programs to increase balance, flexibility and strength  | BCHS         |   | ✓     | ✓     | ✓     |
|  | C.20 Conduct a walking lifestyle program for community members to increase physical activity participation and knowledge of health related issues   | BCHS         | CoGB<br>Elmore Primary<br>Health Services<br>LCMS | ✓     | ✓     | ✓     |
|  | C.21 Conduct regular Tai Chi classes to enhance flexibility, balance and strength   | BCHS         | Senior Citizens<br>Probus<br>COTA                 | ✓     |       |       |

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|           | C.22 Support and maintain the existing walking groups in Korong Vale, Inglewood and Tarnagulla by walking with each group four times a year                   | IDHS         | Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To Health Bridgewater Group | ✓     | ✓     | ✓     |
|           | C.23 Deliver the 10 week GAP program in Tarnagulla and Korong Vale during 2010. A further 2 programs to be delivered in Bridgewater and Inglewood during 2011 | IDHS         | Dance Your Way To Health Bridgewater Group<br>Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit | ✓     | ✓     |       |
|           | C.24 Provide ongoing support and assistance to the Dance Your Way To Health (DYWTH) Bridgewater Group   | IDHS         | Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To Health Bridgewater Group | ✓     | ✓     |       |
|           | C.25 Attend 4 DYWTH sessions per year to ensure ongoing engagement with IDHS and deliver health promotion messages regarding exercise                         | IDHS         | Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To Health Bridgewater Group | ✓     | ✓     | ✓     |

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|           | C.26 Provide access for DYWTH participants to the "Affect Balance Scale" assessment in 2010 and make referrals to IDHS physiotherapist if required   | IDHS         | Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To Health Bridgewater Group | ✓     |       |       |
|           | C.27 Develop and implement health promotion programs to improve the community members ability to manage chronic illness                              | IDHS         | Inglewood Community Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To Health Bridgewater Group | ✓     | ✓     | ✓     |
|           | C.28 Deliver the LIFE program in one community each year, then a follow up program   | IDHS         | Diabetes Australia<br>Rural Women's On Farm Gathering   | ✓     | ✓     | ✓     |
|           | C.29 Deliver the "Better Health Self Management Program" (BHSMP) in Korong Vale and repeat in one community each year                                | IDHS         | Diabetes Australia<br>Rural Women's On Farm Gathering   | ✓     | ✓     | ✓     |
|           | C.30 Encourage the establishment of walking, dancing and activity groups/programs amongst community houses, neighbourhood houses, or primary schools | HH           | Primary Schools<br>CoGB<br>PAC  |       |       | ✓     |
|           | C.31 Conduct older adults strength training programs to increase balance, reduce the risk of falls and encourage physical activity in Pyramid Hill   | NDCHS        |   | ✓     | ✓     | ✓     |

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| Develop capacity of the Health Promotion workforce to provide high quality support for consumer focus and carer inclusive physical activities and nutrition programs | C.32 Access Heart Foundation Walking Group Coordinator training to assist with implementing new walking groups at Bridgwater and Serpentine | IDHS         | Inglewood<br>Community<br>Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To<br>Health Bridgewater<br>Group | ✓     | ✓     | ✓     |
|  | C.33 Build community capacity, by the Community Development Worker attending the Get Active Program (GAP) training                          | IDHS         | Inglewood<br>Community<br>Resource Centre<br>Heart Foundation<br>VicFit<br>Dance Your Way To<br>Health Bridgewater<br>Group | ✓     | ✓     |       |
|  | C.34 Maintain the IDHS working party for Health Promotion Events  | IDHS         | Diabetes Australia<br>Rural Women's On<br>Farm Gathering  | ✓     | ✓     | ✓     |
|  | C.35 Implement the Strength Training Development Plan   | PAC          | BCHS<br>BDAC<br>BDH<br>BH<br>CVGPN<br>IDHS<br>HH<br>Sports Focus  | ✓     | ✓     | ✓     |

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|           | C.36 Maintain the Physical Activity Consortium and facilitate the development of an implementation plan for the promotion of physical activity and nutrition | PCP Secretariat | BCHS<br>BDAC<br>BDH<br>BDH<br>CoGB<br>CVGPN<br>IDHS<br>LSC<br>HH<br>Sports Focus<br>Vision Australia<br>DPCD | ✓     | ✓     | ✓     |