

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

Organisation	Partners	Objective	Intervention Type and Strategies	09/10	10/11	11/12
BCHS	Dahlia & Arts Committee Eaglehawk Schools Pre-Schools Playgroups	To increase the knowledge of the benefits of physical activity for the Eaglehawk Community	C.1 To conduct a population based event	✓		
BCHS	Pre-schools Schools BH CoGB Local Business	To provide information to parents, families and service providers to increase knowledge relating to healthy feet and increased access to services and programs	C.2 Conduct settings based information sessions	✓		
BCHS	Probus Senior Citizens CoGB Media	To increase awareness for older adults of the benefits of physical activity and social connectedness	C.3 Conduct a population based event for older adults	✓		
BCHS		To engage older adults in strength training to increase balance, flexibility and strength	C.4 Conduct older adults strength training programs	✓	✓	✓
BCHS	CoGB Elmore Primary Health Services LCMS	To increase physical activity participation levels, knowledge of health related issues and access to services and programs	C.5 Conduct a walking lifestyle program for community members	✓	✓	✓

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BCHS	Senior Citizens Probus COTA	To recruit community members to Tai Chi classes to enhance flexibility, balance and strength	C.6 Conduct regular Tai Chi classes	✓		
BCHS	Bendigo Library CAMHS BDAC YMCA Schools Kindergartens CoGB Playgroups	To raise awareness of contemporary child related issues and increase knowledge and access to children's services for 0-12 years	C.7 To conduct a population based Childrens Week event	✓		
BH	BCHS BDAC BDH BDH CoGB CVGPN IDHS LSC MH&CS Sports Focus Vision Australia	Our partnership work is progressed through the establishment of defined working groups and the development and implementation of their annual plans	C.8 Maintain the Physical Activity Consortium and facilitate the development of an annual implementation plan for the promotion of physical activity	✓	✓	✓
BH	CoGB Baptcare Strathaven	Our capacity to provide a positive experience for older people is improved	C.9 Pilot a Planned Activity/Day Respite High Group within a Residential Care Facility	✓	✓	✓

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BH	BCHS	That 50% of the participants of the Men's Healthy Lifestyle' program demonstrate improved healthier food knowledge and healthier eating and physical activity	C.10 The facilitation of the 'Men's Healthy Lifestyle' program	✓	✓	✓
BH	Children Services Playgroups Schools	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group	C.11 Provide a 'Physical Activity and Nutrition Event' for children's service providers and provide a range of supports for staff working in children's services to assist children in healthy eating and physical activity	✓	✓	✓
BH	Children Services Day Care Centres Playgroups Primary Schools Community Centres BDAC	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group.	C.12 Promotion of Bendigo Health's 'Healthy Habits for Children Website Document' to services	✓	✓	✓

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BH	Children Services Day Care Centres Playgroups Schools Community Centres BDAC	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group.	C.13 Distribution of Bendigo Health's 'Healthy Habits for Children Resource Kit'	✓	✓	✓
BH	Children Services Day Care Centres Playgroups Schools BDAC Community Centres	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group.	C.14 Provide 'Physical Activity and Nutrition Advisory Service' for professionals	✓	✓	✓
BH	Children Services Day Care Centres Playgroups Schools BDAC Community Centres	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group.	C.15 Establish and maintain 'Partnerships with BDAC and Long Gully/Eaglehawk Neighbourhood Renewal Team' in a range of pre existing or new sessions and programs	✓	✓	✓

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BH	Children Services Day Care Centres Playgroups Schools BCHS	That service providers who access Bendigo Health, Health Promotion's Physical Activity and Nutrition Service Providers Project, can identify the daily physical activity and healthy eating recommendations for their client group.	C.16 Strengthen our 'Collaborative Partnerships' with our partners, including them in the design of new programs and ongoing maintenance of existing ones	✓	✓	✓
BH	Schools	That 50% of the 'Healthy Habits for Children Primary School Network' indicate improvements in their ability to promote physical activity and healthy eating to children and families.	C.17 Facilitation of the 'Healthy Habits for Children Primary School Network'	✓	✓	✓
BH	St Luke's Anglicare	That 50% of people who attend a Bendigo Health, Health Promotion information session/event have improved knowledge of healthy eating and physical exercise	C.18 The facilitation of 'Physical Activity and Nutrition Information Sessions'	✓	✓	✓
BH	Mental Health Promotion Working Group	That 50% of people who attend a Bendigo Health, Health Promotion information session/event have improved knowledge of healthy eating and physical exercise	C.19 Partnering through promoting of physical activity and nutrition at local events, days or expos	✓	✓	✓

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BH	Schools Playgroups BDAC Community Centres Support Groups	That 50% of people who attend a Bendigo Health, Health Promotion information session/event have improved knowledge of healthy eating and physical exercise	C.20 To facilitate 'Physical Activity and Healthy Eating Education Sessions for Community Groups'	✓	✓	✓
BH	Schools Playgroups BDAC Community Centres Support Groups	That 50% of people who attend a Bendigo Health, Health Promotion information session/event have improved knowledge of healthy eating and physical exercise	C.21 To increase access within the general community to best practice physical activity and healthy eating information and resources.	✓	✓	✓
BH	Central Victoria General Practice Bendigo Senior Secondary College	That 50% of youth surveyed who participated in the NETschool MOVE project have improved knowledge of healthy eating and physical exercise and that 50% of service providers demonstrate improved ability to support youth to achieve and maintain healthy eating and physical activity	C.22 Conduct the 'NETschool MOVE Project' group information sessions for youth and service providers of youth	✓	✓	✓

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BH	Central Victoria General Practice Bendigo Senior Secondary College	That 50% of youth surveyed who participated in the NETschool MOVE project have improved knowledge of healthy eating and physical exercise and that 50% of service providers demonstrate improved ability to support youth to achieve and maintain healthy eating and physical activity	C.23 Conduct the 'NETschool MOVE Project' group information sessions for parents of youth	✓	✓	✓
BH	Central Victoria General Practice Bendigo Senior Secondary College	That 50% of youth surveyed who participated in the NETschool MOVE project have improved knowledge of healthy eating and physical exercise and that 50% of service providers demonstrate improved ability to support youth to achieve and maintain healthy eating and physical activity	C.24 Conduct the 'NETschool MOVE Project' individual information sessions for youth and service providers of youth	✓	✓	✓
CoGB LSC	BCHS BDH IDHS MH&CS BRIT	Our capacity to provide a positive experience in health promotion activities for older people is enhanced	C.25 Implement innovative training for staff working in Planned Activity Groups with a focus on Health Promotion	✓	✓	✓

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.26 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 Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.27 Access Heart Foundation Walking Group Coordinator training to assist with implementing new walking groups at Bridgewater and Serpentine	✓	✓	✓

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.28 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 Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.29 Build community capacity, by the Community Development Worker attending the Get Active Program (GAP) training	✓		

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.30 Source funding opportunities to deliver the GAP programs in four communities	✓		
IDHS	Dance Your Way To Health Bridgewater Group Inglewood Community Resource Centre Heart Foundation VicFit	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.31 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	✓	✓	

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.32 Develop a marketing strategy to increase community awareness of available local physical activity programs delivered and supported by IDHS	✓	✓	✓
IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.33 Provide ongoing support and assistance to the Dance Your Way To Health (DYWTH) Bridgewater Group	✓	✓	

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.34 Attend 4 DYWTH sessions per year to ensure ongoing engagement with IDHS and deliver health promotion messages regarding exercise	✓	✓	✓
IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To improve the physical health of people over 50 years of age living in the Southern part of the Loddon Shire by providing opportunities and support that will increase physical activity by 10%	C.35 Provide access for DYWTH participants to the "Affect Balance Scale" assessment in 2010 and make referrals to IDHS physiotherapist if required	✓		

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IDHS	Inglewood Community Resource Centre Heart Foundation VicFit Dance Your Way To Health Bridgewater Group	To increase the knowledge of the South Loddon community about the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year.	C.36 Develop and implement health promotion programs to improve the community members ability to manage chronic illness	✓	✓	✓
IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year	C.37 Deliver the LIFE program in one community each year, then a follow up program	✓		
IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year	C.38 Deliver the "Better Health Self Management Program" (BHSMP) in Korong Vale and repeat in one community each year	✓	✓	✓

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IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year	C.39 Scope grant applications to assist with delivery of BHSMP	✓	✓	✓
IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year.	C.40 Inform diabetic clients of the new Nurse On Call Chronic Illness Management service to assist self management	✓	✓	✓
IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year.	C.41 Maintain the IDHS working party for Health Promotion Events	✓	✓	✓
IDHS	Diabetes Australia Rural Women's On Farm Gathering	To increase the knowledge of the South Loddon community on the risk factors, prevention and treatment of Type Two diabetes by 30% per year by three years and improve self management of diabetes by 10% per year.	C.42 Provide advice and information on diabetes at Rural Women's on Farm Gathering	✓		

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MH&CS	PAC	To improve the uptake of Strength Training across the Heathcote community	C.43 Promote the usage of the PCP strength training posters to those aged 55 years and over across the Heathcote community	✓		
MH&CS	Primary Schools CoGB PAC	To improve the uptake of regular activity programs amongst the Heathcote community	C.44 Encourage the establishment of walking, dancing and activity groups/programs amongst community houses, neighbourhood houses, or primary schools			✓
NDCHS		To provide strength training for older adults to increase balance, reduce the risk of falls and encourage physical activity in Pyramid Hill	C.45 Conduct older adults strength training programs	✓	✓	✓
NDCHS	Schools Sports Clubs Men's Sheds	To encourage the uptake of physical activity in the North Loddon area	C.46 Conduct health education and information sessions in a range of settings	✓	✓	✓
PAC	BCHS BDAC BDH BH CVGPN IDHS MH&CS Sports Focus	Create supportive environments for positive lifestyles for older people	C.47 Implement the Strength Training Development Plan	✓	✓	✓