

Promoting Healthy Lifestyles Forum 2

Achievement Program Forum

Overview

The Southern Mallee Primary Care Partnership [SMPCP], Promoting Healthy Lifestyles committee supported the formation of the Southern Mallee Achievement Program Network [SMAPN]. This was established in May 2014.

SMPCP Promoting Healthy Lifestyles committee suggested an initiative to facilitate collaboration between Health and Education Sectors, and develop and deliver a Forum based on the Healthy Together Victoria Achievement Program in the Southern Mallee.

The SMPCP Strategic and Operational Plans [2013-2017] have identified education regarding the Achievement Program [AP] as a strategy to build capacity of agencies and professionals in Southern Mallee to support and Promote Healthy Lifestyles initiatives.

- Goal: To Promote and Increase the implementation of Prevention, Health Promotion and Social Inclusion Frameworks by SMPCP Members.
- Objective2: To Build Capacity of Agencies and Professionals in the Southern Mallee to support and promote healthy Lifestyle initiatives.
- The development of forums to address Integrated Health promotion links to the Promoting Healthy Lifestyles, Terms of Reference, and 11th September 2013.

Connection to prevention system and sector:

- The Achievement Program is an integral part of the Victorian Government Healthy Together Victoria [HTV] Systems approach to prevention.
- *The Victorian Public Health and Wellbeing Plan [VPHWP] 2011-2015* promotes the use of partners in prevention approaches.
 - ~ The Achievement Program Benchmarks align with the VPHWP 2011-2015; Action Areas, “Keep People Well”.
- The Achievement Program is referenced in the *“Principles for Health and Wellbeing- underpinning Effective professional practice across DEECD services” April 2014*. This recognises schools as key settings for developing health related knowledge and skills. The Achievement Program is a strength based approach to improving health and wellbeing in a whole of school approach.

Connecting theory to Practice:

Health Promoting Schools approach is best practice and internationally recognised approach. The Achievement Program assists schools to take this approach through:

- Healthy policies
- Healthy physical environment
- Healthy social environment
- Learning and skills
- Engaging students, staff and families
- Community partnerships.

The Achievement Program Forum has been developed through partnerships and planning. The SMAPN has been established to provide support for sustainability of the Achievement Program.

Purpose of SMPCP Promoting Healthy Lifestyles Forum

Key rationale for Forum:

- To demonstrate the innovative local approach to the Achievement Program through commitment of SMPCP and member agencies, formation of the SMAPN and development of the SMPCP Achievement Program Forum
- To utilize the unique opportunity for health, community and local government sector to share in a forum aligned with the Swan Hill School Principals Network meeting [SHSPN].

- To acknowledge that the Achievement Program for Schools is a result of collaborative work between Department of Health [DH] and Department of Education and Early Childhood Development [DEECD].
- Promote the Achievement Program as an evidenced based framework to support and strengthen schools strategic planning on Health and Wellbeing.
- To assist Primary Schools and Secondary Schools in the SMPCP catchment to register and progress with the Achievement Program with support from local health services.
- To promote the Southern Mallee Achievement Program Network [SMAPN] and provide schools the opportunity to identify and partner with their local health services to achieve health and wellbeing outcomes in their schools.
- Provide an overview of all the Achievement Program settings: Early childhood education and care, Primary, Secondary and Workplace, by Achievement Program settings coordinator Claire Henty from Centre of Excellence in Intervention and Prevention Science [CEIPS].
- Share and promote the experience of schools and agencies in the Achievement Program.

Southern Mallee approach to the Prevention System

- **Our State-wide partners in Prevention:**

The development of this forum has included engagement with and support from:

- ~ Dr Claire Tobin, **DH** Senior Project Officer, System improvement and Policy, Prevention and Population Health and **DEECD** Office of the Principle Medical Advisor, Wellbeing, Health and Engagement Division
- ~ Claire Henty, Settings Coordinator, **CEIPS**

- **Our Local Partners:**

- ~ The SMAPN representation from across the 3 LGA's in the catchment including Child care, Education, Health services, Local Government and Mallee Sports Assembly.
- ~ The SMPCP Achievement Program Forum Working Group includes members and contribution from: Gannawarra Shire Council, Northern District Community Health Service, East Wimmera Health Service, Swan Hill District Health and Graeme Scoberg- Principal Swan Hill Specialist School and member of the Swan Hill Schools Network.
- ~ This was a unique opportunity to align the SMPCP Achievement Program Forum with the Swan Hill Schools Network meeting. This includes 23 Schools in the SMPCP catchment.

- SMPCP has built on the **existing prevention infrastructure** to promote the Achievement Program in the catchment. The Achievement Program has evidenced based policy and practice behind it.
 - ~ The SMAPN has facilitated leadership and strengthened respectful partnerships.
 - ~ The program and resources are consistent and available to all Victorians within the settings approach.



Pictured from left: Graeme Scoberg- Swan Hill Specialist School, Janine Barnes- Lake Boga Primary School, Claire Henty- CEIPS, Sue Winbanks- Nyah Primary School and Angela Roney -SMPCP.

Process

The SMPCP Promoting Healthy Lifestyles Forum 1 working group [5/3/14] had recommended that the second forum in July 2014 would focus on the Achievement Program.

It was considered a priority to hold a forum that would include schools and preliminary contact had been made with the Swan Hill School Principals network. It was acknowledged that there were challenges to engage with school. They are already under pressure to meet their many obligations.

SMPCP engaged with Swan Hill School Principal Network Chairperson Graeme Scoberg regarding the proposal to provide a forum based on the Achievement Program. The date for the forum would be 23rd July in Swan Hill, to align with the Swan Hill School Principal network meeting.

Contact was made with Claire Henty Settings coordinator from CEIPS [Centre of Excellence in Prevention Science]. Claire attended the first Southern Mallee Achievement Program Network [SMAPN].

Contact was also made with Dr Claire Tobin, Department of Health Senior Project Officer, System improvement and Policy, Prevention and Population Health and DEECD Office of the Principle Medical Advisor, Wellbeing, Health and Engagement Division. This was to discuss the links and seek the evidence to support schools to take on the Achievement Program.

The first SMAPN was held on 12th May 2014. A small working group was formed to progress the planning for the Achievement Program Forum. The working group met on 2nd June and 25th June 2014 to progress the forum.

The Aims of the forum:

- To share health promotion and prevention work in relation to the Achievement Program across the Southern Mallee.
- Explore enablers, barriers and create local solutions in implementation of the Achievement Program across all settings.
- Highlight the benefits to workplaces and children's settings in registering for the Achievement Program.
- Provide an opportunity to showcase collaboration across the settings.

The Forum

Agencies and schools were invited to present at the forum which the held on Wednesday 23rd July. The morning sessions focused on working with the Principals. An informative presentation was provided by Claire Henty from CEIPS. The focus was to highlight the Achievement Program as a framework to capture what was being done in schools and highlight areas for improvement. The Achievement Program was promoted as a framework to consider in school strategic planning and support meeting the student health and wellbeing obligations of schools.

Lake Boga Primary School and Nyah District Primary School gave an insightful presentation, including the enablers and barriers, on their journey with the Achievement Program. This generated robust discussion with participants on the process and the learning's for the schools.

The evaluation from the program overwhelmingly stated the sharing of stories was a good outcome and the schools presenting provided a positive experience.

A presentation from Dr Virginia Dickson – Swift from Latrobe University provided information on the Rural- ECOH [Engaging Communities in Oral Health] project which includes the LGA's of Swan Hill and Gannawarra in our catchment. Virginia provided local oral health data and generated lengthy discussion. Swan Hill Rural City Council had high rates of dental caries and Extractions in children required hospitalisation. It was also noted the Public Dental clinic was underutilised.

This included links to the Nutrition and oral health Benchmarks in the Achievement Program for early childhood and school settings. This was suggested to be a potential local prevention strategy in oral health. The research project was looking at local solutions and the Achievement Program was seen to be a strategy that schools could look to support Nutrition and Oral health.

The focus of the afternoon session gave agencies an opportunity to present their work. Swan Hill District Health presented their journey with the Workplace Achievement Program. Gannawarra Shire Council and Northern District Community Health Service showcased their collaborative work with the Early Childhood Education and Care Services. East Wimmera Health Service provided an overview of their whole of town approach across the settings. Donald has been the first town to work on the achievement program with the secondary school and a workplace having registered.

It was generally acknowledged the progression was slow with the Achievement Program.

Issues included:

- No timelines: being a benefit as there is not pressure to meet timelines, however also a barrier to moving through the program.
- In the workplace- a long consultation process to identify current situation and identify benchmarks based on this consultation.
- Lack of time in Early Childhood Education and Care and school settings to work through the consultation and planning. Many other priorities and obligations.



Janine Barnes, Lake Boga Primary School and Sue Winbanks, Nyah District Primary School share their stories about the Achievement Program journey.

Evaluation

- 14 health professionals and 16 School Principals attended. The Achievement Program Forum was arranged to fit in to school principals scheduled bimonthly meeting and at a DEECD facility. This enabled a good attendance without the added challenges of an extra meeting.
- The evaluation forms demonstrated an increased awareness of the Achievement Program in the participants.
- The Principals appreciated the workplace settings presentation and discussion. It generated dialogue regarding the mental health and well-being of Principals and teachers.
“I liked the workplace component. I’ve got a deeper Understanding”

- The opportunity to partner with local health agencies at the forum was offered. Some principals were able to identify who they may be able to collaborate with on the Achievement Program.
- The changes that may be made post program by Principals included:
 - ~ Looking in more depth at Achievement Program.
 - ~ Reviewing policy and audit practices.
 - ~ Looking at workplace framework.
 - ~ Progression with Achievement program is a challenge.
 - ~ Talk to the school community about their interest.
 - ~ Considering registering for School Achievement Program.

This is a recent reflection from a health professional who attended:

"I think the forum was an excellent showcase of how the health and local government service system can provide support to schools interested in undertaking the AP. I think it was valuable to land collectively in the education space so that they themselves could demonstrate the relevance of the AP to their settings. The challenges of school setting and indeed workplaces and their take of this program is evident in the statewide data, with very few services at the coordinate stage, so well done to us, for the agencies we have engaged, not much different to the funded HV regions."

Feedback provided by school Principals who attended the forum:

"I enjoyed the forum and found it interesting and informative. I think that it's crucial to get the message of healthy lifestyle (in all aspects – unfortunately the mental wellbeing gets forgotten too often). It's always good to hear what other schools & organisations are doing as there are always ways to improve your own work.

The Achievement program is something that we will look at again in 2015 at our school."

- *"We have just undertaken our school review and will now be in the process of developing our strategic plan. We are very interested in becoming part of the Achievement Program at part of our well being goal. We would appreciate your support and the support of agencies in Kerang."*
- Base line data on the AP registrations and progression is available from CEIPS and is updated monthly. [see Table 1:]
- Since the forum we have seen one new school register in Swan Hill, 6 days after Forum. This was attributed to the forum which also enabled engagement with Swan Hill District Health Service Health Promotion Team.
- Swan Hill Primary School and Nyah District Primary School are at the Co ordinate stage and Lake Boga Primary School has achieved *Health promoting Setting* status
- Two new workplaces registered in July. Southern Mallee Primary Care Partnership registered in July as we felt it was important not only for the wellbeing of our workers, but also to support and enable a better understanding of the process of the Achievement Program. Mallee Family Care – Swan Hill, also registered in July after discussion with SMPCP about the Achievement Program. Gannawarra Shire Council has also registered in July to the workplace Achievement Program.
- Swan Hill District Health is at the *Committed* stage.
- Progression with Achievement program is a challenge, and is reflected in our catchment data. This trend is also evident when looking at state-wide data provided monthly by CEIPS..

TABLE 1: Southern Mallee PCP catchment- Achievement Program Data						
LGA	Registered	Coordinated	Committed	Health Promoting Setting	Total June 2014	Total Oct 2014
WORKPLACE						
Buloke	1	N/A			1	1
Gannawarra	4	N/A			3	4
Swan Hill	3	N/A	1		1	3
EARLY CHILDHOOD EDUCATION AND CARE						
Buloke	1				1	1
Gannawarra	5				5	5
Swan Hill	6	6			12	12
SECONDARY SCHOOL						
Buloke	1				1	1
Gannawarra	0				0	0
Swan Hill	0				0	0
PRIMARY SCHOOL						
Buloke	0				0	0
Gannawarra	2				2	2
Swan Hill	4	2		1	6	7

Summary of Outcomes

The Achievement Program Forum and follow-up SMAPN meeting held on 14th October has generated good level of interest in the Achievement Program in each of the Local government areas of the Southern Mallee PCP Catchment. This work demonstrates collaboration and integration with Health and community Agencies, Education and Local Government.

“The ongoing professional’s network is an excellent outcome of the forum.”

Discussion with member agencies has highlighted the benefits of sharing and ongoing progression to support the Achievement Program in 2015.

Recently the SMAPN had invited Andrea Sloane for Healthy Together Mildura to present. Her passion and enthusiasm to support our work in Southern Mallee was appreciated by all. There are a number of areas to progress including, meeting the challenge to not only engage workplace and school settings, but to provide the support to enable progression through the Achievement Program steps.

At the recent Promoting Healthy Lifestyles Forum on 11th November 2014 there was a clear commitment from the member Agencies to continue the Achievement Program work in Southern Mallee. Another forum focused on the Achievement Program will be held in 2015.

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