

Action for a healthier Latrobe

LCHS INTEGRATED HEALTH PROMOTION 4 YEAR STRATEGIC STATEMENT 2021-2025



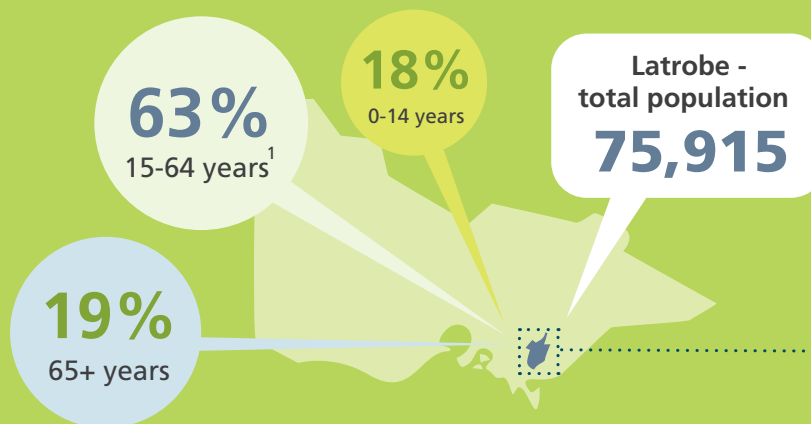
Action for a healthier Latrobe uses systems thinking and approaches to continue exploring the relationships, boundaries and perspectives of the various settings in a system.

Our settings based approach reflects the priority areas and the needs of the Latrobe community and partners, to ensure we achieve the best possible health outcomes for the community.

This strategy represents our commitment to build on the existing work within the catchment and make sustainable changes within the system. We look forward to working with our partners, stakeholders and community and warmly present *Action for a Healthier Latrobe*.

Ben Leigh
CEO

Snapshot of Latrobe



The Latrobe Valley is Australia's first Health Innovation Zone

STATISTICS
FROM VICTORIAN POPULATION HEALTH SURVEY (2017)²

55% of adults in Latrobe meet the physical activity guidelines, compared to 50.9% Victorian average

1 in 3 (33%) adults in Latrobe have been diagnosed with anxiety or depression, compared to 27% Victorian average

13.9% of adults in Latrobe consume sugary drinks on a daily basis, compared to 10.1% Victorian average

1 in 3 (33%) adults in Latrobe have 2 or more diagnosed chronic diseases, compared to 25% Victorian average

6.6%* of adults in Latrobe have experienced food insecurity with hunger within the past year, compared to 3.6% Victorian average³

Only 4.3% of adults in Latrobe eat the recommended serves of vegetables each day, compared to 5.4% Victorian average

¹ ABS, Regional population by age, 30 June 2020: <https://absstats.maps.arcgis.com/apps/MapSeries/index.html?appid=f863994852a8438e955f04755f073a94>

² Department of Health and Human Services, (2017). Victorian Population Health Survey. Retrieved from: <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2017>

³ Department of Health and Human Services, (2014). Victorian Population Health Survey. Retrieved from: <https://www2.health.vic.gov.au/public-health/population-health-systems/health-status-of-victorians/survey-data-and-reports/victorian-population-health-survey/victorian-population-health-survey-2014>

Vision:

Latrobe is a healthy and vibrant place for all.

Mission:

Through collaborative systems practice, we create innovative and sustainable initiatives that improve the health and wellbeing outcomes of our community.

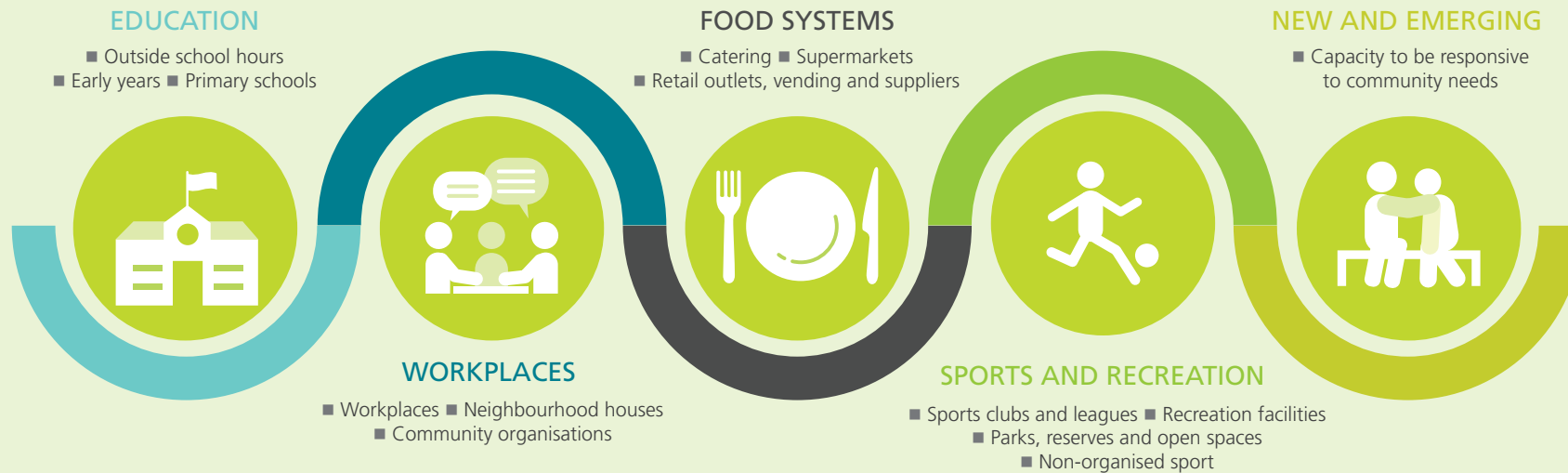


System Framework



Adapted from: Coffman, J. (2007, August). *Build Strong Foundations For our Youngest Children – A Framework*

Settings



Priority Areas



HEALTHY EATING

Continuing



ACTIVE LIVING

Continuing / transitioning



WHOLE OF SETTING APPROACHES

Continuing / transitioning

Guiding principles

→ Equity & respect

We recognise the health inequities within the system and address these fairly with respect throughout all stages of our practice.

→ Systems practice

By making sense of complex environments we are able to address the dynamics that have the greatest potential for impact in our community.

→ Prevention at scale

Initiatives are delivered at scale to impact on the health and wellbeing of large numbers of the population and in the places where they spend time.

→ Mutually reinforcing activities

We align our efforts and initiatives with our partner organisations to harness our unique strengths, working as part of a larger team to enable collective impact.

→ Whole of community, whole of systems approach

Interventions and initiatives address multiple social determinants at various levels of the systems, where people live, work and play.

→ Transparent line of sight

Local actions and outcomes are aligned, where possible, to LCHS Client Outcome Measures, Latrobe City Council's Municipal Public Health and Wellbeing Plan and the Victorian Public Health and Wellbeing Plan and Outcomes Framework.

→ Innovate, experiment, reflect and adapt

To address complex systems, we problem solve and engage in continuous action learning. We push the boundaries and experiment.

→ Outcomes focused

We deliver initiatives and interventions that achieve strong health outcomes for our community and measure these against the system change framework.

→ Partnerships, collaboration and good communication

Strong partnerships and good communication form the foundation of our work, allowing us to strengthen collaborative efforts, to achieve maximum health and wellbeing benefits for the community.

→ Application of climate change, health and gender equity lenses

We actively utilise different lenses over our work and throughout all stages of our practice, ensuring we consider factors such as climate change, health equity and gender equity.

→ Leadership at all levels

We are committed to primary prevention leadership where everyone at every level has power to make change.

Line of sight

VPHWP OUTCOMES	ACT TO PROTECT AND PROMOTE HEALTH		VICTORIANS HAVE GOOD MENTAL HEALTH	
VPHWP INDICATORS	Increase healthy eating and active living	Reduce overweight and obesity	Increase mental wellbeing	
LCC MPHWP	Healthy and active	Natural and built environments	Safe	Resilient and supported
LHA	Early childhood development and learning	Active living	Community connectedness and vulnerability	Mental health

Latrobe 4 year outcomes

In the long term we align and contribute to state-wide, population outcomes...

Increase in healthy eating

Increase in active living

Increased physical and mental health in settings

Impacts

by achieving local intermediate changes...

Increase in number of children and adults consuming sufficient fruit and vegetables
 Increase in mean serves of fruit and vegetables in adults
 Decrease in number of children and adults who consume sugar sweetened beverages

Increase in the number of children and adults who are sufficiently active
 Decrease in the number of adults sitting for seven or more hours on an average day

Increase in the number of health enabling settings

Measures

that are measured...

Proportion of children and adults who consume sufficient fruit and vegetables
 Mean serves of fruit and vegetables in adults
 Proportion of children and adults who consume sugar sweetened beverages

Proportion of children and adults who are sufficiently physically active
 Proportion of adults sitting for seven or more hours on an average day

Number of settings implementing the Achievement Program
 Number of settings meeting Achievement Program benchmarks
 Total number of Achievement Program benchmarks met
 Reach of the Achievement Program in settings

Activities

and improved through systems changes.

Context

Policy & commitment

Components

Partnerships & engagement

Foundations

Scale

ACKNOWLEDGMENT OF TRADITIONAL OWNERS



We acknowledge the traditional owners of the land, the Gunaikurnai people. We pay our respects to their Elders past and present, acknowledging the living culture of the Gunaikurnai people and the important contribution they make to Gippsland.



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