

Appendix 2: Integrated Health Promotion Summary planning grid

Priority Goal:		To improve the health and wellbeing of Wellington communities through healthy eating, physical activity and mental health promotion.				
Objective 1:		<i>To encourage active living within Wellington Communities through physical activity promotion.</i>				
Est. Impacts² (Qual/Quant) for Objective 1		<p>100% of targeted communities successfully implement state accredited physical activity programs for older adults. 30% of recipients of the Wellington Physical Activity Guide report an increased awareness of local opportunities for physical activity and benefits of physical activity. 80% of GPs using the Active Script program utilising the Physical Activity Guide as a referral tool for patients. 100% of participants in Fun Links to Fitness Program report an increase in knowledge around the benefits of physical activity and an increase in physical activity levels. 100% of Council policies include healthy urban design guidelines where applicable. 30% of Wellington Primary Schools successfully implement the Walking School Bus Program. 100% of targeted schools successfully implement Wellington Future Leaders Program and report a significant increase in the after school physical activity levels of students. 100% of participants in the 10,000 Steps Wellington Promotion report an increase in physical activity levels. 100% of primary schools registered for the Australian Sports Commission Active After Schools Promotion successfully implement after school physical activity program. 100% of participants in VICFIT workforce development activities report an increase in knowledge and 50% report a change of practice at three month follow up.</p>				
PCP key stakeholders³	Summary of mix of Interventions & CB strategies⁴	Population Target Group/s:	Estimated timelines	Estimated Reach⁵	Resources per key stakeholder for Obj1⁶	
Gippsport DVA WSC Neighbourhood Houses WPCP HP Coordinator	Community Action Under the 'Active at Any Age Project' build the capacity of local people to facilitate State accredited physical activity programs for older adults.	Older adults aged 45+	January 05 – June 05 January 06 – June 06	10 community members trained 60 participants	Dependent upon HALS funding submission. \$2000	

WSC EGARAG Gippsport EGDGP	Social Marketing Finalise the development of the Wellington Physical Activity Guide. Distribute widely across the region. Hold launch event for the Wellington Physical Activity Guide and begin marketing the resource as part of an awareness campaign.	Wellington community	July 04 – December 04 January/February 04	5000 copies distributed across Wellington 100 people attending launch event.	\$10,000 \$5000
EGARAG WSC GWHS	Health Education and Skill Development Promote the Fun Links to Fitness program to encourage broad participation of women in women's circus workshops.	Women of all ages	February 2005 – September 2005	30 participants	\$25,000 AAA funding (to be confirmed) \$5000
WSC Wellington Rural Transport Project WPCP HP Coordinator	Organisational Development Support Wellington Shire Council's Urban Design Policy Review to maintain a focus on improving pedestrian and bicycle transport options.	Wellington Community	August 04 – September 05	Where appropriate, all WSC policies include Healthy Urban Design guidelines	In-kind support
WSC DEET Best Start WPCP HP Coordinator	Settings and Supportive Environments Encourage, promote and support the extension of the Walking School Bus Program across Wellington Shire as per successful VicHealth submission.	Primary school students	August 04 – August 05	10 bus routes across Wellington	\$25,000 VicHealth funding

Gippsport WSC DEET Local sporting clubs East Gippsland TAFE	Settings and Supportive Environments Implement the Wellington Future Leaders Program in Sale and Yarram Secondary Colleges.	Young People (inc Primary school students)	July 04 – November 05	60 youth leaders participate across three secondary schools 180 primary schools students participate in after school physical activity program.	\$16,280 VicHealth funding (to be confirmed)
Gippsport WSC WPCP HP Coordinator GWHS	Settings and Supportive Environments Implement 10, 000 Steps Wellington Promotion to increase the physical activity levels of the Wellington community.	Wellington community	February 05 – February 06 Ongoing	300 people registered for program	WSC \$5000 Gippsport \$5000 WPCP \$3000
Gippsport DEET WPCP HP Coordinator	Social Marketing/Settings and Supportive Environments Support local primary schools to participate in Australian Sports Commission Active After Schools Program	Primary school aged children	July 04 – April 05	20 primary schools register to participate	In-kind support
CGHS	Resources Utilise funds from HALS Strategy to increase aquatic exercise options for older adults.	Older Adults aged 45+	January 05 – December 06	20 participants	\$12,000 HALS funding (to be confirmed)
WSC WPCP HP Coordinator EGARAG	Social Marketing Support the Wellington Rural Transport Project to raise community awareness about the benefits of active transport for the community and environment.	Wellington community	July 04 – June 06	3 WPCP representatives attend Wellington Rural Transport Project meetings.	In-kind support

Best Start WPCP HP Coordinator	Settings and Supportive Environments Identify opportunities to work in collaboration with Best Start Project in Wellington to avoid duplication of effort and to optimise impact of programs.	Primary School aged children	July 04 – June 06	5 schools across Wellington	In-kind support
PCP HP capacity building ⁷	Work in collaboration with VICFIT PCP and Physical Activity Project to increase the capacity and knowledge of the primary health sector in the selection and implementation of best practice approaches to physical activity promotion.	All WPCP member agencies.	September 04 – June 06	30 participants	\$1000
Estimated Total Budget per Objective ⁶ : \$26,000					
Estimated Total Budget per Goal ⁶ : \$50,000					

Priority Goal:	To improve the health and wellbeing of Wellington communities through healthy eating, physical activity and mental health promotion.				
Objective 2:	<i>To promote healthy eating in the Wellington Shire</i>				
Est. Impacts² (Qual/Quant) for Objective 1	<i>100% of participants in workforce development activities report increase in knowledge and 50% report a change in practice at three month follow up. 30% of schools not involved in initial Body Friendly Schools Program utilising resource guide to implement healthy school policies.</i>				
PCP key stakeholders³	Summary of mix of Interventions & CB strategies⁴	Population Target Group/s:	Estimated timelines	Estimated Reach⁵	Resources per key stakeholder for Obj1⁶
CGHS WPCP Coordinator HP	Workforce Development Hold a canteen forum to increase the capacity of school canteens and school councils to implement a whole of school approach to nutrition.	School canteens	July 04 – June 05	25 schools to have representative s at canteen forum.	\$5000 In-kind support
CGHS	Resources Finalise the development of local school resource utilising input from schools involved in the Body Friendly Schools pilot. Utilise the resource as a 'how to guide' that can support additional schools to implement the program.	Primary schools	November 04- November 05	Resource available to all 32 primary schools in Wellington	In-kind support
PCP HP capacity building⁷					
Estimated Total Budget per Objective⁶: \$5,000					
Estimated Total Budget per Goal:\$50,000					

Priority Goal:	To improve the health and wellbeing of Wellington communities through healthy eating, physical activity and mental health promotion.				
Objective 3:	To enhance the mental wellbeing of the communities in Wellington.				
Est. Impacts² (Qual/Quant) for Objective 1	<p><i>100% of participants in workforce development activities report an increase in knowledge.</i></p> <p><i>100% of targeted communities successfully implement the Men's Shed program.</i></p> <p><i>100% of targeted schools successfully implement the "Healthy Lifestyle Program for Schools".</i></p>				
PCP key stakeholders³	Summary of mix of Interventions & CB strategies⁴	Population Target Group/s:	Estimated timelines	Estimated Reach⁵	Resources per key stakeholder for Obj1⁶
SFYS GWHS DEET WSC CGHS WPCP HP Coordinator	Health Education and Skill Development/Settings and Supportive Environments Explore the possibility of developing a pilot project "Healthy Lifestyle Program for Schools" to offer schools a range of programs and resources that promote wholistic wellbeing.	Young people	November 04 – November 05	One school cluster involved in pilot project	\$5000 In-kind support
SFYS Lead Agency WPCP HP Coordinator DVA	Resources Employ project worker to investigate the needs of young carers in Wellington. Investigate appropriate strategies to provide support for carers in Wellington	Young people Young carers Carers aged 45+	January 05 – June 05 June 05 – December 05	20 young carers participate 20 older adult carers participate	\$5000
WSC KUC	Community Action Build the capacity of the community to expand the Men's Shed Program across Wellington.	Men aged 45+	January 05 – December 05	5 Men's Shed Programs across Wellington	In-kind support
GWHS CGHS WPCP HP Coordinator	Workforce Development Plan and promote the 'Body Image in the Bush' forum to build the capacity of young people and service providers in the promotion of healthy body image.	Young people	August 04 – November 04	100 participants at forum	In-kind support

PCP capacity building ⁷	HP Work in collaboration with the MAP Project to provide training that will: <ul style="list-style-type: none"> ▪ enhance awareness and understanding of depression and related disorders ▪ improve attitudes towards the importance of effective treatment, early intervention, prevention and mental health promotion programs; and ▪ develop skills in the identification and engagement of individuals and groups who could benefit from intervention. 	All WPCP members	March 05	30 participants	In-kind support
Estimated Total Budget per Objective ⁶: \$10,000					
Estimated Total Budget per Goal ⁶: \$50,000					