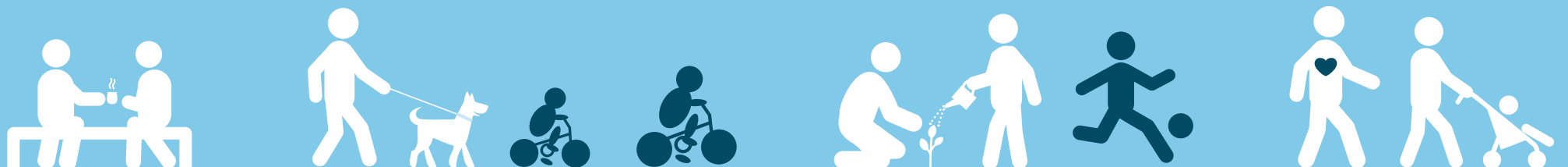


# Action for a healthier Latrobe

Annual Community Health –  
Health Promotion Report

2023-2024 Year 3



## ACKNOWLEDGMENT OF COUNTRY

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



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# Contents

Introduction	3
Executive Summary	4
Mapping Impact Across Latrobe	6
Education	8
Food Systems	12
Organisational Leadership	16
Early Years	20

# Introduction

“Little by little, a little becomes a lot” ~ proverb

The 2023-24 period built on success from previous years. As engagement from settings was increasing, it became more important than ever to ensure we applied an equity lens to our work. We prioritised programs based on SEIFA and provided additional support to those settings who needed it most. We used our action plan as a backbone for where we wanted to focus our efforts and resources, knowing we would adapt to be responsive to the local context. This approach allowed us to continue building on the foundations of our whole of settings approaches, whilst also modifying existing interventions, scaling up successful initiatives and adding new initiatives to our plan.

We strengthened relationships with our partners and embarked on more strategic work in the region. For example, we built new relationships with the Maternal and Child Health team at Latrobe City Council to develop the INFANT partnership and developed a strategic leadership group with Latrobe City Council, Latrobe Health Assembly and the Gippsland Region Public Health Unit for Food For All Latrobe Valley. Our major partners for 2023-24 included Latrobe Health Assembly, Latrobe City Council, GippSport and Gippsland Region Public Health Unit.

This report includes the following for each of our settings:

- Progress against our four year objectives (cumulative data)
- Progress against our one year actions (annual data)
- Key learnings
- Case studies.

The last 12 months have been a time of growth within the LCHS team. We had minimal staffing changes, allowing the team to solidify their direction and learnings. We acknowledge that Community Health - Health Promotion is a unique program that delivers initiatives that meet local need and context, resulting in population health changes. We are committed to advocating for investment in prevention and will continue to seek opportunities to deliver our quality work into the future.

Thank you to our communities, partners and practitioners for all your contributions this year. We proudly present our “Annual Community Health - Health Promotion Report 2023-24”.

# Executive Summary

In 2023-24 we worked across 4 settings



EDUCATION



FOOD SYSTEMS



EARLY YEARS



ORGANISATIONAL  
LEADERSHIP

**We addressed the following health priority areas;** Healthy eating (and oral health), active living, whole of settings approaches.

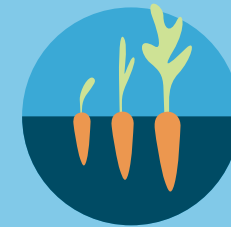
**We made changes in the system** by delivering 18 interventions.

**We supported our major partners including;** Latrobe Health Assembly, Latrobe City Council, Gippsland Region Public Health Unit and GippSport to deliver their interventions.

Our highlights include:



**7 FFALV market stalls held,**  
642 community engagements,  
69 sign ups



**Latrobe Food  
Systems Leadership  
group established**  
with 5 partners  
and 2 community  
representatives



All 43 FFALV  
actions achieved;  
**membership  
increased by  
36%**



**2 CHILL CoP's held -**  
65 members attended;  
84 CoP members,  
increase of 29%  
since 2023

10 small bites achieved



4 big bites achieved



9 schools

actively supported with VKEW



Latrobe Breastfeeding Partnership formed

- 6 partners

2 in 5 (38%)

(n45) of customers self-reported healthier purchasing after seeing RFTS materials

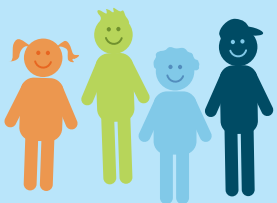


64% (n45) of customers noticed RFTS materials



35 education settings

actively supported with Achievement Program



6 health priority areas achieved in early childhood services



Local public hospital compliant with Healthy Choices policy directive



5 supermarkets participating in Reach for the Stars (RFTS)

# Mapping Impact Across Latrobe

Latrobe Community Health Service (LCHS) have analysed our health promotion actions work across the Latrobe Local Government Area (LGA) to demonstrate the ongoing alignment of these actions with our key priority areas. These actions continue to target improved health and wellbeing outcomes in areas of disadvantage across the region.

The analysis was undertaken using Socio-Economic Indexes for Areas (SEIFA) where programs have been categorised into Index of Relative Socio-economic Advantage and Disadvantage (IRSAD) Quintiles. Quintiles divide SEIFA rankings into five equal groups that represent the following:

- Quintile 1: The lowest 20% of areas, indicating the most disadvantaged areas.
- Quintile 2: The next 20% of areas, slightly less disadvantaged.
- Quintile 3: The middle 20% of areas.
- Quintile 4: The next 20% of areas, indicating more advantaged areas.
- Quintile 5: The highest 20% of areas, indicating the most advantaged areas<sup>1</sup>.

In areas where the population is too small to determine a reliable SEIFA index, programs are classed as 'uncategorised'.

## LATROBE COMMUNITY HEALTH SERVICE PROGRAM EQUITY MAPPING

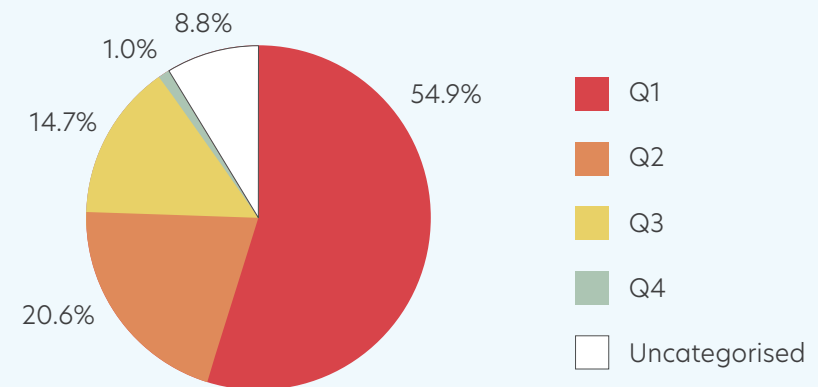
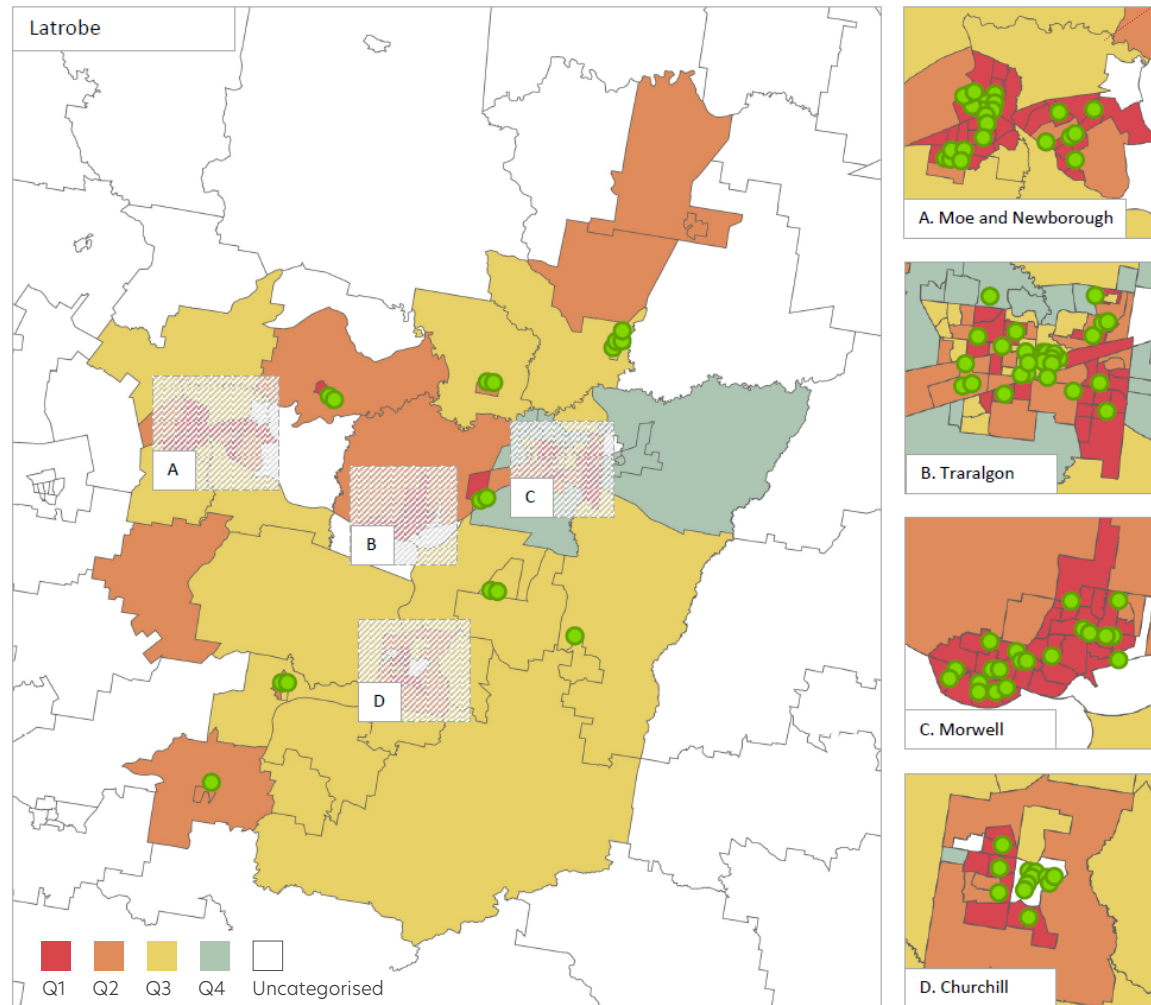


Figure 1. Breakdown of Latrobe Community Health Service program areas by Quintile.

<sup>1</sup> Australian Bureau of Statistics, "Socio-Economic Indexes for Areas (SEIFA), Australia," 2023, <https://www.abs.gov.au/statistics/people/people-and-communities/socio-economic-indexes-areas-seifa-australia/latest-release>.

The analysis found that LCHS are currently delivering over 75% of our health promotion work in Q1 or Q2 areas. In total, LCHS is working to deliver initiatives in 102 places across Latrobe City. Of these 102 programs, 54.9% (n=56) are located in areas of highest disadvantage, Q1. 20.6% of programs (n=21) are implemented in areas identified as Q2, experiencing disadvantage and 14.7% (n=15) of programs are Q3. Areas experiencing more advantage (Q4), represent 0.98% of the work LCHS undertakes, and there are no programs implemented in the most advantaged areas across Latrobe (Q5). 8.82% (n=9) of programs are classified as 'uncategorised', reflecting very small population numbers in these areas.

LCHS will continue to utilise our equity framework and mapping tool, to ensure equity is forefront of the work we deliver. We aim to include updated results in our CH-HP report each year.





# Education

## Outside School Hours Care, Early Years Services, Primary Schools, Secondary Schools

**Goal:** To create supportive and healthy education environments

### INITIATIVES:

#### Leading

- Achievement Program (AP) and supported programs
- Menu planning guidelines for long day care
- School canteen and other food service policy
- Vic Kids Eat Well (VKEW)
- Latrobe Little Smiles
- Early Years Cooks' Network
- Morning Move For Mind
- Fab Food Marvellous Mood

### KEY LEARNINGS AND INSIGHTS

- ✓ Targeted universalism approach is an excellent way to apply an equity lens
- ✓ Adapting Latrobe Little Smiles has proved to have a greater impact for children from priority populations
- ✓ Building solid relationships with settings is imperative to continued program involvement, and hence sustainability
- ✓ Trust is essential for quick wins and longer-term goals
- ✓ Establishing action plans and clear expectations with a setting from the beginning is a great way to provide practical support for the AP

4- YEAR OBJECTIVES	MEASURE	2021 BASELINE	RESULT	ANNUAL TREND	COMMENTS
Increase the number of settings registered in the Achievement Program	Number of settings registered	50	56	↑	One additional registration in 2023-24
Increase the number of health priority areas achieved	Number of health priority areas achieved	N/A	74	↑	Six health priority areas achieved in 2023-24
Increase the number of settings achieving physical activity and movement benchmark	Number of physical activity benchmarks working towards or achieved	N/A	19	↑	Two new physical activity benchmarks working towards or achieved in 2023-24
Increase the number of settings achieving healthy eating and oral health benchmark	Number of healthy eating and oral health benchmarks working towards or achieved	N/A	30	↑	Two new healthy eating benchmarks working towards or achieved in 2023-24
Increase the number of settings working towards climate and health pathway	Number of climate and health benchmarks achieved*	0	0	—	No climate health pathway case studies submitted
Increase access, availability and promotion of healthy foods and drinks in education settings	School canteen guidelines (at least 50% GREEN items)	0	0	—	Schools have achieved small and big bites through VKEW, however no schools met school canteens policy
Decrease access, availability and promotion of unhealthy foods and drinks in education settings	School canteen guidelines (no more than 20% RED items)	0	0	—	As above
Increase knowledge and skills around healthy eating and growing food	Number of settings registered to Let's Grow Food	N/A	17	↑	Settings provided with resources, empowered to complete themselves without HPO

● Increase ● No change ● Decrease

\*measure changed from 2022-23 report



## Education

YEAR THREE ACTION	MEASURE	ANNUAL IMPACT
1.1 Implement the Achievement Program in education settings	# Early learning centres (ELCs) actively supported to implement changes # Total health priority areas (HPAs) reached in ELCs	13 X ELCs supported 6 X HPAs achieved in ELCs
	# Schools actively supported to implement changes # Total health priority areas reached in schools	22 X Schools supported 0 X HPAs achieved in schools
1.2 Implement state-based nutrition programs (menu planning guidelines, School canteens and other food services policy and Vic Kids Eat Well)	# ELCs actively supported to implement the menu planning guidelines (MPG) # Baseline assessments in ELCs # ELCs compliant with menu planning guidelines	9 X ELCs supported 4 X Baseline menu assessments completed 1 X ELC compliant with menu planning guidelines
	# Schools actively supported with VKEW # Small bites # Big bites	9 X Schools supported 10 X Small bites 4 X Big bites
	# Schools actively supported to implement school canteen and other food services policy # Baseline assessments in schools # Incremental change in G/A/R food products in schools as verified by HEAS	2 X Schools 6 X Baseline assessments completed 0 X Incremental change in G/A/R food products in schools as verified by HEAS – see small bites/big bites
	# Schools compliant with school canteen and other food services policy	0 X Schools compliant with school canteen and other food services policy
1.3 Implement Latrobe Little Smiles for oral health	# Sign-ups for Latrobe Little Smiles (across 2023 and 2024 program cycles)* # ELCs registered for the Latrobe Little Smiles program # ELCs actively supported to deliver the Latrobe Little Smiles program # ELCs completed the Latrobe Little Smiles program # Children's mouths seen*	20 X Sign ups 12 X ELCs registered 12 X ELCs supported 12 X ELCs completed 51 X Children's mouths seen
1.4 Facilitate the Early Years Cooks' Network	# Early Years Cooks' Network members # Early Years Cooks' Network meetings facilitated	9 X Early Years Cooks' Network members 2 X Network meetings facilitated
1.5 Implement active living programs in education settings*	# Schools registered for KIDDO # Schools actively supported to deliver KIDDO	0 X Schools registered for KIDDO 2 X Schools actively supported to deliver KIDDO
	# Schools registered for Morning Move for Mind # Schools actively supported to deliver Morning Move for Mind	1 X School registered 0 X Actively supported - Unable to set date for staff training
1.6 Implement Fab Food Marvellous Mood (FFMM) breaks in primary schools	# Organisations supporting the FFMM breaks initiative # Schools registered for FFMM breaks # Schools actively supported to deliver FFMM breaks	0 X Organisations supporting the FFMM breaks initiative 0 X Schools registered for FFMM breaks 0 X Schools actively supported to deliver FFMM breaks FFMM project delayed. All resources are now developed. Expect results in 2024-25 period.
1.7 Collaborate with, and support GRPHU, LCC and LHA to deliver prevention initiatives in education settings	# Actions supported	0 X Actions supported - Nil identified for support

\*New action or measure added

# Case Study



*Pictured: Dental students preparing for children's dental screening session in local kindergarten.*

## Latrobe Little Smiles Program – adapting for better oral health outcomes

Latrobe Little Smiles (LLS) aims to increase oral health among children in Latrobe. The program was designed in response to poor oral health outcomes in the Latrobe local government area. In 2017-19, 1 in 3 (32%) Latrobe children aged 0-5 years attending public dental services had dental caries, higher than the Victorian average (1 in 4, 26%). Dental caries is defined as at least one decayed, missing or filled primary (baby) or permanent (adult) tooth.

Thirty-five percent (35%) of adults self-reported delaying or avoiding a visit to a dental professional due to cost (2017 data). Many Latrobe parents shared cost as a barrier to taking their children to the dentist and some mentioned their child had never visited a dentist. Dental Health Service Victoria recommends children have an oral health check-up before 1 year of age (or from the time the first tooth erupts).

LLS offers early learning services support with oral health education sessions and resources, professional development, policy development and links with dental health services. Eligible early learning services also receive dental health screening sessions. LLS aligns with the Achievement Program and supports services to work towards or achieve the healthy eating and oral health benchmark.

The partnership between Latrobe Community Health Service (LCHS) Health Promotion Officer, Elise Tulloch, and the LCHS Dental Team, has enabled LLS to grow and change over time. Previously, oral health education sessions were rolled out across Latrobe kindergartens. This has now been adapted to include a dental screening session for the lowest socio-economic (SES) kindergartens. Utilising principles of targeted universalism, LLS is available to all local early learning services, however only kindergartens with the lowest IRSAD scores (highest disadvantage) can access dental screening sessions. This equity approach aims to provide the necessary support required for each child to improve oral health.

*The dental screening sessions have been highly successful. In 2024, across three eligible kindergartens, 51 children's mouths were seen and of these, 35% had obvious decay requiring further follow-up.*

Fluoride varnish was applied to 46 children's teeth. Children, who never visited a dentist, had their mouth seen by a local dental professional. An educator from a kindergarten visited said, "The dental visit was a great experience and exposure to a positive interaction with dental professionals. We have set up a dental experience in the corner of our kindergarten where we have noticed children modelling the dental experience." Dental staff have enjoyed going to the centres and it has been a valuable experience for final year dental students.

LCHS Health Promotion Officer, Elise Tulloch, and the LCHS Dental Team look forward to reaching the remaining three low SES kindergartens for dental screening sessions and continuing to partner on a valuable initiative.





# Food Systems

## Catering, Supermarkets, Retail Outlets, Vending, Suppliers

**Goal:** To work towards a healthier and sustainable food system for all

### INITIATIVES:

#### Leading

- Healthy Choices guidelines
- Healthy Choices guidelines for people and planet
- Healthy Supermarkets Latrobe: Reach for the Stars
- Healthy Catering Guide: Latrobe region
- Food For All Latrobe Valley (FFALV)

#### Supporting

- VicHealth Local Government Partnership Project - building better food systems for healthier communities
- Victorian healthy food relief guidelines

### KEY LEARNINGS AND INSIGHTS

- ✓ Co-design shows promise in increasing engagement, ownership, and sustainability of initiatives
- ✓ Implementing FFALV action plan with sub-groups and 3 month cycles has led to greater buy-in by members
- ✓ Building capacity of FFALV members has empowered them with skills to achieve actions

4- YEAR OBJECTIVES	MEASURE	2021 BASELINE	RESULT	ANNUAL TREND	COMMENTS
Increase purchase of healthier foods and drinks	Proportion of customers reporting healthier purchasing	N/A	36% (n45)	↑	Result from HSL Phase 2 evaluation - early findings 36% (n45) of customers self-reported purchasing healthier purchasing after seeing RFTS materials
	Sales data	N/A	No change	N/A	Results from HSL Phase 1 evaluation. No change in sales of healthy foods and drinks as proportion of total sales observed - Proportion of fresh fruit and vegetable sales (\$) of total sales unchanged (n2) - Proportion of 4.5 and 5 health star rated products (\$/units) of total sales unchanged (n2)
Increase access, availability and promotion of healthy food and drinks	Number of food providers with at least 50% green items (Healthy catering guide)	5	3	—	No change from previous year 2023-24 Actions were to promote guide and complete evaluation
	Store Scout overall score (average all stores) (pre/post)	60.0 (n3)	TBC	N/A	HSL Phase 2 evaluation results to come in 2024-25
	Store Scout promotion score (average all stores) (pre/post)	44.3 (n3)	TBC	N/A	As above
Decrease access, availability and promotion of unhealthy food and drinks	Store Scout fruit and vegetable score (average all stores) (pre/post)	86.3 (n3)	TBC	N/A	As above
	Number of providers with no more than 20% red items (Healthy catering guide)	7	3	—	As above

● Increase ● No change ● Decrease

## Food Systems

YEAR THREE ACTION	MEASURE	ANNUAL IMPACT
3.1 Implement Healthy Supermarkets project	# Supermarkets participating Promotional reach Program evaluation - including findings from customer surveys, staff surveys, store scout assessments and sales data	5 X Supermarkets participating ~45,000 Estimated promotional reach Phase 1 Evaluation report completed - Provided on request Phase 2 Evaluation - Co-designing healthy retail interventions report completed - Provided on request Phase 2 Evaluation - See case study for early findings
3.2 Coordinate Food For All Latrobe Valley and implement/support relevant actions from the annual plan	# FFALV actions implemented* # FFALV actions supported* # Food Share Latrobe crates in community # Latrobe Food Declaration new signatories  # Followers on FFALV social media* # Community engagements* # Sign ups*	17 X FFALV actions implemented 26 X FFALV actions supported 27 X Food Share Latrobe crates 0 X Latrobe Food Declaration new signatories - Process streamlined to improve future uptake 1646 X FFALV followers 642 X Community engagements 69 X Sign ups
3.3 Promote the Healthy Catering Guide	Promotional reach Program evaluation	~40,179 Estimated promotional reach Program evaluation not completed due to staff secondment
3.4 Advocate for the Healthy Choices guidelines to be implemented with a climate health lens*	# Organisations involved in partnership* Consultation completed* Report completed # Resources developed Estimated reach* # Settings actively supported to implement Healthy Choices guidelines*	Consultation completed with stakeholders Report completed - Provided on request 0 x Resources developed - Project taken on by Department of Health who established a limited term advisory group to develop practice note *Other measures no longer applicable
3.5 Collaborate with and support GRPHU, LCC and LHA to deliver prevention initiatives across the food system setting	# Actions supported	3 X Actions supported (Food systems mapping project, development of GRPHU strategy and Latrobe implementation plan)
3.6 Support LCC and LRH to implement the Healthy Choices guidelines and/or policy directive for public hospitals and health services	# Settings actively supported to implement Healthy Choices guidelines # Settings actively supported to implement Healthy Choices directive* # Baseline menu assessments # Incremental changes in G/A/R food products as verified by HEAS # Settings with at least 50% GREEN # Settings with no more than 20% RED # Settings compliant with Healthy Choices guidelines # Settings compliant with Healthy Choices directive* # Small bites # Big bites	6 X Settings actively supported to implement Healthy Choices guidelines 1 X Setting actively supported to implement Healthy Choices directive 0 X Baseline menu assessments - completed in previous years 0 X Incremental changes in G/A/R food products as verified by HEAS 2 X Settings with at least 50% GREEN 2 X Settings with no more than 20% RED 1 X Setting compliant with Healthy Choices guidelines 1 X Setting compliant with Healthy Choices directive N/A - Not implementing VKEW N/A - as above
3.7 Support healthy eating initiatives through grant opportunities	# Funding applications # Successful funding applications	4 X Funding applications 3 X Successful funding applications
3.8 Support Latrobe City Council to implement VicHealth's Local Government Partnership project - Building better food systems for healthier communities module	# Impact streams in progress # Impact streams completed  # Modules in progress # Modules completed Program evaluation	4 X Impact streams in progress 1 X Impact stream completed Impact stream - Creating thriving local food systems - Step up completed years previous 1 X Module in progress 0 X Modules completed No progress due to staff secondment
3.9 Support implementation of Victorian healthy food relief guidelines	# Settings actively supported # Settings implementing healthy food relief guidelines	N/A - Project delayed as Victorian healthy food relief guidelines not yet released

\*New action or measure added

# Case Study



## Supermarkets and customers Reach for the Stars!

Latrobe Community Health Service (LCHS) and Latrobe Health Assembly (LHA) launched the flagship healthy supermarket project, 'Reach for the Stars' in 2022. Phase 2 - Scale-up commenced in April 2023, expanding to five local independent supermarkets.

Reach for the Stars makes it easier for customers to find healthy foods in the supermarket.

*"The supermarket is the perfect place to promote fresh and healthy foods. It is where we decide which foods we buy, and therefore what we eat. Almost everyone shops at the supermarket,"* said Laura Duff, Public Health Nutritionist, Latrobe Community Health Service.

Reach for the Stars uses a range of interventions based on the Australian Dietary Guidelines and Health Star Rating system – a quick, easy and standardised way to compare packaged foods. The more stars, the healthier.

Eye-catching Reach for the Stars materials including posters, banners and shelf tags are displayed in-store:

- All fresh fruit and vegetables are 5 stars!
- Health star rating shelf tags (on products 4 stars and above)
- Healthy recipes.

An eight week trial of Reach for the Stars was held April – June 2024 in five local IGA supermarkets; Moe, Morwell, Glengarry, Rosedale and Stratford.

Alongside the in-store changes, there was an extensive promotional campaign to increase awareness of the project and the health star rating system. The campaign included press release, radio ads, social media, website, and activation and launch events. The campaign was hugely successful with an estimated reach over forty-five thousand!

A key strength of Reach for the Stars is co-design. The project is co-designed with LCHS, LHA, Latrobe community members and, most importantly, with participating supermarkets.

*"We held co-design workshops with each of the participating supermarkets. The workshops provided an opportunity to get feedback on the pilot and create new action ideas.*

*"The co-design process allowed us to bring together different perspectives and skill sets. We hope this increases engagement, ownership and sustainability of the project. The whole is greater than the sum of the parts,"* Ms. Duff said.

Reach for the Stars will continue with co-designed healthy eating nudges, like healthier drink fridges and end-of-aisle displays trialled in 2024.

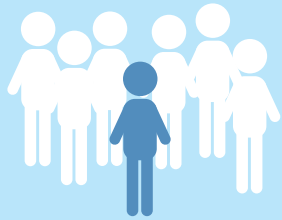
There are early signs of success. The supermarkets and customers alike loved Reach for the Stars.

*"I have noticed a positivity through the customers [as a result of participating in 'Healthy Stars']. [Their]...baskets are much more filled up with four or five stars, rather than three and a half stars, which is good. Full points go to customers," said one of the IGA owner and operators.*

Surveys show sixty-four percent of customers noticed the healthy eating stars and almost 2 in 5 (38% n45) felt it influenced their purchases. There is strong community support for the campaign with 95% of customers agreeing supermarkets should continue to promote healthy eating.

Reach for the Stars is a Latrobe Health Innovation Zone initiative with funding from Latrobe Health Assembly in partnership with the Victorian Government.





# Organisational Leadership

## Community Health Services, Local Government, Specialist Services

**Goal:** Health organisations commit to health and wellbeing of their staff, partners and communities

4- YEAR OBJECTIVES	MEASURE	2021 BASELINE	RESULT	ANNUAL TREND	COMMENTS
Increase health promotion staff knowledge of climate change and health co-benefits	# Climate Health CoP (CHILL) members	0	84	↑	Increase from 65 to 84 members
Increase capacity for climate health actions in settings the health workforce supports	Number of climate health actions in partner plans	N/A	15	↑	CHILL assisting partners to increase the number of climate health actions in plans
Increase internal commitment to health and wellbeing actions at LCHS		N/A	N/A	—	Healthy Workplace Committee (HWC) has been absorbed into Occupational Health and Safety Committee. HWC previously led actions from climate health pathway
Strengthen collaborative partnerships to improve health promotion practice and approaches	Strength of Systems thinking Community of practice as measured by VicHealth Partnership tool	N/A	3	↑	6 CHHP organisations strengthened their knowledge and approach to systems thinking

● Increase   ● No change   ● Decrease

### INITIATIVES:

#### Leading

- Climate Health CoP (CHILL)
- Healthy Workplace Committee actions relating to healthy eating, active living and climate health
- CHHP Leaders Systems Thinking CoP

### KEY LEARNINGS AND INSIGHTS

- ✓ Building capacity of health promoters through CHILL CoPs has increased their confidence and skills to implement climate health actions in their settings
- ✓ Health promoters would like advice on how to apply a climate health lens and how to measure climate health actions



## Organisational Leadership

YEAR THREE ACTION	MEASURE	ANNUAL IMPACT
4.1 Deliver climate health community of practice (CHILL) and build capacity for other organisations to deliver climate health actions	<ul style="list-style-type: none"> <li># Climate Health CoP (CHILL) members</li> <li># Training sessions delivered</li> <li># CoPs delivered*</li> <li># Members attending CoPs</li> <li># Climate health tools developed</li> <li># Climate health actions in partner organisations' plans</li> <li># Workplaces implementing climate health pathway</li> </ul>	<ul style="list-style-type: none"> <li>84 X Climate Health CoP (CHILL) members</li> <li>2 X Training sessions delivered</li> <li>2 X CoPs delivered</li> <li>65 X Members attending CoPs</li> <li>0 X Climate health tools developed - no further tools identified</li> <li>15 X Climate health actions in partner organisations' plans</li> <li>1 X Workplace implementing climate health pathway</li> </ul>
4.2 Implement actions within LCHS Healthy Workplace Committee action plan to increase physical activity	<ul style="list-style-type: none"> <li># Actions delivered</li> <li># Reach of actions</li> <li># Policies updated</li> </ul>	<ul style="list-style-type: none"> <li>2 X Actions delivered</li> <li>~ 125 Employees participated</li> <li>N/A - Policy not due for review</li> </ul>
4.3 Implement actions within LCHS Healthy Workplace Committee action plan to increase healthy eating, active living and climate health	<ul style="list-style-type: none"> <li># Actions delivered</li> <li># Reach of actions</li> <li># Policies updated</li> </ul>	<ul style="list-style-type: none"> <li>2 X Actions delivered</li> <li>~1500 employees</li> <li>N/A - Policy not due for review</li> </ul>
4.4 Contribute to the coordination of the CHHP Leaders Systems Thinking CoP	<ul style="list-style-type: none"> <li># CoPs delivered</li> <li># CoP members</li> </ul>	<ul style="list-style-type: none"> <li>3 X CoPs delivered (shared across the CoP)</li> <li>6 X Member organisations</li> </ul>

\*New action or measure added

# Case Study




## CHILL CoP - A safe space to CHILL

The Community Health - Health Promotion Program Guidelines 2023-2025 acknowledge the positive change that community health services can undertake in tackling climate change and health in their community. These guidelines paved a way forward for the development of the CHILL CoP.

The CoP formed early in 2022, after Latrobe Community Health Services and Link Health and Community coordinated two climate health workshops in 2021-22, facilitated by the Inner East Primary Care Partnership. The workshops resulted in the development of climate health tools and identified the need for a more coordinated approach moving forward. Participating organisations decided to form a Community of Practice (CoP). The CoP is led by the Inner East and Latrobe Climate Health working group, comprised of members of Latrobe Community Health Service, Link Health and Community, Access Health and Community and HealthAbility.

The purpose of the CHILL CoP is multi-pronged:

- Build the capacity of health and other professionals to advance climate health co-benefit actions;
- Contribute to the development of climate health tools to advance climate actions;
- Create a supportive environment to enable meaningful and respectful conversations on climate change and health and wellbeing;
- Provide and/or share training opportunities; and
- Share best or good practice examples of climate health actions.



The CHILL CoP is held every six months, and to date four CoPs have been held. Membership has increased rapidly over the past two years. Currently there are 84 members across Victoria ranging from health promotion, local council, local public health units and Department of Health.

A broad range of topics have been presented including:

- Good food policy from Department of Health
- Catering for good directory from Healthy Eating Advisory Service
- Climate change and its impact on health from Western Public Health Unit
- North East local food strategy from Gateway Health
- A consensus statement - Towards a healthy, regenerative, and equitable food system in Victoria from Cardinia Shire Council
- PlanEATary quiz from Monash University
- Effective climate conversations training from Climate for Change.

*A number of climate health tools have been developed collaboratively by CoP members. This includes a guide for advocating for climate health actions.*

These tools provide practical information to assist health promotion practitioners to support their settings to implement climate actions. A number of Community Health - Health Promotion annual action plans across Victoria include the application of a climate health lens and the working group will continue to measure progress in the Inner East and Latrobe areas.

The CoP has been well received by members and evaluation data shows members have gained a greater understanding of how to integrate climate health co-benefits strategies within their current work. A key learning from one member was, “the most disadvantaged and minority groups are the most at risk of climate change effects and we risk the equity gap getting larger if we don’t act to address this.”

The next CHILL CoP is scheduled for November 2024 and we look forward to welcoming new members.



# Early Years

## Scoping project

**Goal:** To improve the health and wellbeing of children and caregivers in the first 1000 days of life

### INITIATIVES:

- INFANT planning and evaluation
- Latrobe Breastfeeding Partnership

### KEY LEARNINGS AND INSIGHTS

- ✓ The establishment of the Latrobe Breastfeeding Partnership (LBP) provides a promising future for collaborative efforts to increase breastfeeding rates across Latrobe
- ✓ Planning for the development of Breastfeeding is Welcome Everywhere initiative has strengthened the LBP. It has sparked greater interest in future collaboration including mapping barriers to breastfeeding and developing an action plan
- ✓ Due to staff shortages, INFANT has not progressed as expected however new groups will form in 2024-25 as more facilitators are trained

4- YEAR OBJECTIVES	MEASURE	2021 BASELINE	RESULT	ANNUAL TREND	COMMENTS
Increase the number of initiatives that encourage breastfeeding in Latrobe	Number of initiatives encouraging breastfeeding	N/A	2	↑	Breastfeeding Welcome Everywhere Latrobe Breastfeeding Partnership
Increase the number of partnerships contributing to prevention initiatives in the early years setting	Number of partnerships delivering initiatives in early years setting	N/A	2	↑	Latrobe Breastfeeding Partnership INFANT partnership

● Increase ● No change ● Decrease

YEAR TWO ACTION	MEASURE	ANNUAL IMPACT
5.1 Identify and collaborate on actions to encourage breastfeeding in partnership with Latrobe Health Assembly, Latrobe City Council and Gippsland Region Public Health Unit	# Actions implemented # Reach of actions # Partners	2 X Actions implemented - Breastfeeding in Latrobe report and Breastfeeding is Welcome Everywhere project plan and report developed 0 X Reach of action - Results to come in 2024-25 6 X Partners Action plan being developed to implement in 2024-25
5.2 Support LCC to implement INFANT pilot in Latrobe	# INFANT groups established # Parents/carers attending # Parents using the My Baby Now App	1 X INFANT group established 5 X Parents/carers attending 41 X Parents using the My Baby Now App



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