



RESPOND sleep health sessions

A case study from Gateway Health's Health Promotion Team

<p>Aim</p>	<p>To run a series of information sessions about sleep health for 0-12 year olds.</p>
<p>Rationale</p>	<p>A community workshop was facilitated in 2019 to jointly unpack the factors contributing to childhood health and wellbeing in Wodonga. Sleep health was raised as an issue that intersects with many other determinates of health, such as mental health, healthy eating and physical acuity. If people aren't getting adequate sleep, it makes it more difficult to prioritise healthy eating and physical activity.</p>
<p>Partnerships</p>	<p>Sleep Health Foundation, Wodonga Council Maternal and Child Health, Albury Wodonga Health Tresillian Parents and Babies Service, and La Trobe University.</p>
<p>Links to state policy/initiatives</p>	<ul style="list-style-type: none"> • <u>First 1000 days</u> of life are key to lifelong health and wellbeing. • <u>Healthy Kids, Healthy Futures</u> is the Victorian Government's five-year action plan to support children and young people to be healthy, active and well. • RESPOND Wodonga Action Plan
<p>Resources</p>	<p>An output of both sessions involved collating an array of sleep health resources, which are now publicly available on the Gateway Health website.</p>
<p>Outcomes</p>	<p>Both sessions had good attendance, with feedback from participants stating increased knowledge and understanding of existing free and evidence-based resources. Based on the success of these sessions, we will be running future sessions. Panel members from the 0-4 year old session cited increased understanding of each others services and a commitment to continue working together.</p>

Objectives

Provide parents, caregivers, teachers and health care professionals with evidence-based information and support in the area of sleep health for both 0 – 4 year olds and primary school aged children.

The story so far...

Gateway Health is a partner in the RESPOND initiative, a community led research project looking at children's health, run by Deakin University.

As part of RESPOND, a series of community workshops to identify local interventions to support children's health and wellbeing were facilitated.

Sleep health was raised as an issue that intersects with many other determinants of health, such as mental health, healthy eating and physical activity. If people aren't getting adequate sleep, it makes it more difficult to prioritise healthy eating and physical activity and can have impacts on people's mental health.

The first step of responding to the sleep health community priority involved engaging the key partners. They included the Wodonga Council Maternal and Child Health (MCH), the Sleep Health Foundation and Albury Wodonga Health Tresillian Parents and Babies Service.

In consultation with these partners, it was decided to run a series of workshops, divided into two age groups, 0-4 year olds and primary school ages children.

Both sessions involved a 1.5 hour panel with 30 minutes of question time and collation of electronic resources.

Consultation also occurred with the RESPOND Wodonga Brains Trust group, to help inform planning and marketing for the two events.

The Health Promotion team have an ongoing partnership with La Trobe University. La Trobe University generously agreed to host the two sessions free of charge.

What did we achieve?

In May 2023, two sessions were held, there were 95 participants over two sessions, with some attending both.

A simple evaluation form was left on every chair, with pens provided.

- 20 forms were completed in 0-4 year session
- 25 forms were completed in primary school aged session
- 45 in total.

Both forms asked 1 question:

- Feedback on the sleep health seminar?
- If you'd like to discuss your feedback, please leave your contact details.

All feedback received was positive. The main themes were:

- Reassuring to know I'm on the right track
- Knowing I'm not alone
- Access to evidence-based resources that already exist, including MCH appointments
- Running more sessions to promote to friends and family
- Great to be able to bring along children.

An unexpected outcome was the panel members from the Wodonga MCH and Albury Wodonga Health Tresillian Parents and Babies Service were re-connected, resulting in a greater understanding of what both organisations do. All panel members were keen to run similar sessions in the near future.

Resources were emailed out to all participants and included on Gateway Health's website.

“This is such a hard area I struggle with. I find myself turning to Instagram for information, and I ended up paying quite a lot of money for services and products, that now I think about it, weren't even run by qualified people. It's really reassuring to hear I don't need to spend all this money to get help.”

Wodonga parent of a 9-month old

Evaluation and lessons learnt

Marketing the events were the biggest challenge faced by the team. The most engagement and event registrations came from targeted emails, and posting in local parents' groups on Facebook. Opportunities for future events will ensure a longer lead time for designing marketing collateral, as well as use of newer channels, such as parenting groups on social media, coupled with utilising traditional media such as newspaper and radio. The first events coincided with the start of cold and flu season, so when planning future event dates, warmer months may lead to high attendance.

Recommendations and next steps

Another series of sleep health information sessions will take place, with a similar structure to the first series. A staff session on sleep health will also occur.

