

Gateway Health

Community Health - Health Promotion (CH-HP) Program Plan 2023-25



People living well

Organisation details

Funded agency/s	<i>Gateway Health</i>
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Selected state-wide Priorities	<ul style="list-style-type: none"> • <i>Increasing healthy eating</i> • <i>Increasing active living</i>

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Gateway Health acknowledges the Traditional Custodians of this land on which we stand and pay our respect to the Elders, past, present and future, for they hold the memories, the traditions and the culture of all Aboriginal and Torres Strait Islander peoples.



Gateway Health acknowledges and recognises people from different nationalities, cultures and identities. We are committed to providing an inclusive service and work environment where individuals feel safe, accepted, affirmed and celebrated.

About Gateway Health

Gateway Health is a registered community health service providing health and welfare services to individuals, families and communities across northeast Victoria and parts of southern New South Wales.

Gateway Health is a values-based organisation, striving to continually provide high-quality services that create a positive client experience and enable people to live well. Underpinned by a focus on health promotion and prevention, Gateway Health provides primary health services to people of all ages experiencing diverse health and wellbeing needs.



Services are provided across the life span, from childhood to becoming a parent, adulthood and older age.

The suite of services we provide has grown to include Aboriginal & Torres Strait Islander Services, Alcohol and Drug Support, Allied Health, Child and Family Services, Community Recovery and Resilience Services, Family Safety Services, General Practice and Clinics, Healthy Ageing, LGBTIQ+ Community programs, Mental Health and Wellbeing services, NDIS services, Refugee Health, Sexual Health, Support for Carers, and Youth Health including Headspace.

Gateway Health collaborates at many levels with other sectors such as justice, education, housing and employment to support individual client care, and to address the determinants of health at a broader systems level. We seek to strengthen this role by building on existing services and promoting leadership and transformation across the sector.

Gateway Health is committed to delivering positive client and population health outcomes with a focus on early intervention, prevention and health promotion. This focus is supported and put into action through a well-established health promotion program that works in partnership with communities, local government, and a range of public and private entities to implement interventions aimed at strengthening the systems and environments that support the health and wellbeing of individuals and communities.

Strategic Plan 2023-2029

Our vision

People living well

Our purpose

To provide care and services that connect to the community, improve wellbeing and strengthen health equity.



Our Strategic Priorities

1. Place-based approaches to improve health equity; better access to health and wellbeing services where there is greatest health inequity.
2. Strengthened connection; increase opportunities for connection within and between communities and generations, as a protective factor for health & wellbeing.
3. A great start to life; support children to have a positive life trajectory .
4. Healthy Ageing; individuals are living well for longer and enjoy life as they age.
5. Improve mental health and wellbeing; work with local partners to create the conditions that support the mental health of people in our communities.
6. Climate adaption and health; support communities to take positive action in the preparedness and recovery from climate events that impact health and wellbeing.

Our enablers



Ottawa Charter for Health Promotion

The World Health Organisation, Ottawa Charter for Health Promotion, 1986, outlines health promotion as the process of enabling people to increase control over, and to improve, their health. Political, economic, social, cultural, and environmental conditions, the Social Determinants of Health, influence our health and wellbeing; and so health promotion action advocates for ensuring these conditions enable people to make healthy choices. This is done by mediating multi-sectoral collaboration. Health promotion focuses on achieving equity and social justice.

Ottawa Charter - Prerequisites for health

Peace | Shelter | Education | Food | Income | A stable eco-system | Sustainable Resources | Social Justice | Equity

Ottawa Charter - Key action areas

**Strengthen
community
action**

**Develop
personal
skills**

**Create
supportive
environments**

**Re-orient
health
services**

**Build healthy
public policy**

Community Health - Health Promotion (CH-HP) 2023-25

The predominantly part-time team of six (4.5 FTE) health promotion staff at [Gateway Health](#) will deliver on the key requirements of the CH-HP Program Guidelines 2023-25 in the LGAs of Wodonga and Wangaratta; while remaining connected across the Ovens Murray and Goulburn Valley and supporting where appropriate, as informed by available data and resources.

The Gateway Health, Health Promotion Team will dedicate our time and resources to the Victorian Public Health & Wellbeing Plan 2019-2023 priorities of healthy eating and active living.



Community Health - Health Promotion (CH-HP) 2023-25

We acknowledge that nutritious food, and movement, can have subsequent co-benefits for the mental health of our communities. We also acknowledge that sustainable food systems, active travel and environmentally sustainable health services enable climate change resilience.

We take a participatory approach - engaging, partnering and co-designing work with community, project champions, and key stakeholders. We embed equity through recognising Aboriginal self-determination; actively improving access for our regional and rural communities; responding to the needs of our diverse populations; and fostering gender equity.

We listen to our communities, and we aim to elevate their voice.

We work to strengthen local solutions to achieve state-wide targets at scale; apply the principles of place-based approaches; and draw upon connections and inter-relationships across complex systems to facilitate engagement and change.

Our work is evidence informed and data driven. Guided by the Ottawa Charter for Health Promotion, and reflective of a socioecological model of health.

Systems thinking fortifies our action to address the social determinants influencing healthy eating and active living across our catchment.

'Systems thinking is a method of problem solving that is concerned with the interconnections between system parts and their relationship to a functioning whole, which cannot be understood by looking at the parts in isolation. It is becoming a preferred health promotion approach for managing complex community-based problems, that brings systemic solutions to prevention that aim to alter the underlying structure by challenging values, policies and procedures, and power that drive systems'
Bensberg, 2020. DOI:10.1002/hpja.325

'Over the past decade public health scholars have been calling for a shift away from reductionist and linear approaches to understanding public health problems and their solutions. It is now believed that embracing the complexity of chronic

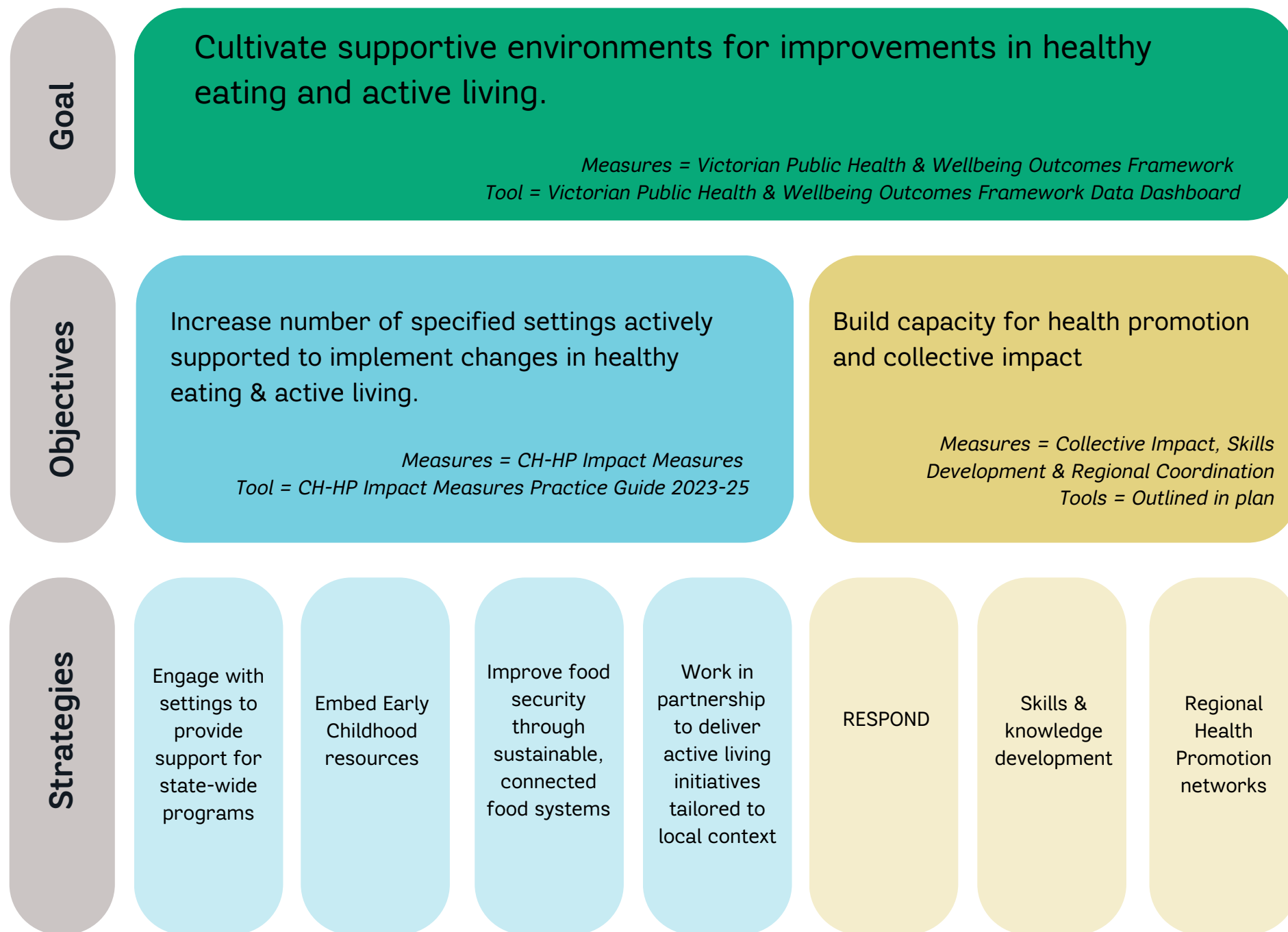
disease and looking to systems science as a new worldview and methodology may get us closer to reversing trends such as obesity which contributes to the burden of chronic disease'

Riley et. al. 2023. DOI: [10.1007/s11213-023-09638-y](https://doi.org/10.1007/s11213-023-09638-y).

Central to sustainability, capacity building action ensures organisations have relevant, evidence-based policies in place to guide practice; the health promotion workforce has the skills, knowledge and confidence to achieve population health and wellbeing goals; place-based partnerships and networks utilise limited resources effectively; and community champions are supported to organise and activate.

Providing leadership for health promotion is crucial in an environment of change. A connected regional health promotion workforce will enable capacity for collective impact through coordinated planning and shared evaluation measures - essential for scale.

Gateway Health CH-HP Plan 2023-25




Evaluation

The Victorian Public Health & Wellbeing Outcomes Framework data, and the RESPOND Regional Childhood Health Behaviours and Anthropometry Reports, will be utilised to measure the longer term outcomes of our work to improve healthy eating and active living throughout 2023-25. The CH-HP Impact Measures will be captured in the Victorian Department of Health, settings portal. Capacity building and collective impact will be measured with locally relevant tools.

<p>Goal:</p> <p>Cultivate supportive environments for improvements in healthy eating and active living</p>	<p>OUTCOME MEASURES:</p> <ul style="list-style-type: none"> • Self-reported health status • Proportion of adults who ran out of money to buy food in the last 12months • Proportion of adults who are obese according to BMI • Proportion of adults who consume sufficient fruit and vegetables • Proportion of adolescents 10–17 years who consume sufficient fruit and vegetables • Proportion of children 4–12 years who consume sufficient fruit and vegetables • Proportion of infants exclusively breastfed to three months of age • Proportion of adults who are sufficiently physically active • Proportion of adolescents 10–17 years who are sufficiently physically active • Proportion of children 5–12 years who are sufficiently physically active
<p>Objective 1:</p> <p>Increase number of specified settings actively supported to implement changes in healthy eating & active living.</p>	<p>IMPACT MEASURES:</p> <ul style="list-style-type: none"> • Small bites • Big bites • Small steps • Big steps
<p>Objective 2:</p> <p>Build capacity for health promotion and collective impact</p>	<p>IMPACT MEASURES:</p> <ul style="list-style-type: none"> • Collective Impact • Regional Coordination • Skills Development

Addressing the Victorian Public Health and Wellbeing Priorities

	Guiding Approaches	Settings	Target Population (Equity Lens)	Key Stakeholders	Key Policies	Climate Co-benefits	Mental Health Co-benefits
Increase Healthy Eating (nutritious food)	RESPOND (Systems) Size Inclusive Gender equity Social Determinants of Health Equity Access Sustainability Engagement & Participation	OHSC Schools Workplaces Health Services Early Childhood Sport & Recreation Universities	Young people Food Deserts Low socio-economic areas Residents of social housing Aboriginal communities Multicultural communities	Healthy Eating Advisory Service Victorian Healthy Eating Enterprise Cancer Council Vic Rural City of Wangaratta City of Wodonga	Healthy Kids, Healthy Futures Healthy Choices Vic Kids Eat Well Australian National Breastfeeding Strategy Healthy Food Connect Achievement Program	Sustainable Food Systems	 OM PHU priority area City of Wodonga Council priority area
Increase Active Living (movement)	Co-design Values Based Messaging Coordination Collective impact Health literacy	Green Spaces Community Workplaces Health Services Schools	All abilities Women Young people Remote communities	Victorian Active Living Alliance City of Wodonga Rural City of Wangaratta Active Alpine Group	Active schools Achievement Program Healthy Parks, Healthy People	Active Travel Activating Green Spaces	



**Community
Engagement**

**Systems
Thinking**

**Collective
Impact**

Objective 1:

Increase number of specified settings actively supported to implement changes in healthy eating & active living.

Strategy 1 - Engage with settings to provide support for state-wide programs

Indicator



Increase in proportion of settings achieving incremental change.



Priority

Increasing healthy eating,
Increasing active living



Settings

Schools, OSHC, Workplaces, Early Childhood, Hospitals & Health Services, Sport & Recreation clubs & venues, Tertiary Institutions, Parks & Green Spaces, Neighbourhood Houses, Aged Care, Residential AOD, Arts.



Target population

Across the lifespan. Settings.

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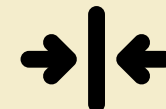


Wodonga, Wangaratta



Key Stakeholders

Cancer Council of Vic,
Healthy Eating Advisory
Service, Victorian Healthy
Eating Enterprise



Alignment

- Vic Kids Eat Well
- Achievement Program
- Healthy Choices
- QUIT
- Healthy Parks, Healthy People
- Healthy Kids, Healthy Futures.

Guiding approaches

Sustainability, Engagement & Participation, Values Based Messaging, Coordination, Continuous Quality Improvement, Health At Every Size, Climate Lens.

Strategy 1 - Engage with settings to provide support for state-wide programs

Indicator: Increase in proportion of settings actively supported to achieve incremental changes in healthy eating and active living indicators as outlined in the CH-HP Program Guidelines 2023-25.

Key Lead Action:

- Accelerate the implementation of healthy food and drink supply policies in key settings.
- Engage with local settings to actively support the implementation of evidence-based programs and initiatives supporting healthier and more sustainable food environments (e.g. Vic Kids Eat Well, Achievement Program)
- Build capacity for healthy eating and active living among settings and internal and external stakeholders.
- Leverage off networks, relationships and cross-sectoral connections to influence the determinants of healthy eating and active living, and address co-benefits to health and wellbeing (e.g. climate change and health, mental wellbeing).
- Engage with local settings to actively support active travel initiatives (Walk to School, Ride 2 School) with schools, workplaces, and other settings.

Key Support Action:

- Consider the possible impacts of climate change on all programs, and the potential climate change mitigation and emissions reduction benefits of all initiatives conducted through the program functions that could be enhanced, expanded and tailored accordingly.
- Participate in topic or placed based networks, communities of practice and partnerships to collaborate on shared priorities, join up work, learn from others, as well as contribute to local coordination and leveraging opportunities for engagement, activation and implementation.
- Work collaboratively with schools to support implementation of the Active Schools Framework by leveraging the Active Schools Toolkit and supports.

Strategy 1 - Engage with settings to provide support for state-wide programs

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Undertake mapping of current settings to develop and maintain "GH Settings Database"	Gateway - L	June 2025	Settings Database populated and updated quarterly	Baseline identified Changes identified	GH Settings Database
Build relationships with new settings for implementation of Vic Kids Eat Well, Achievement Program, Healthy Choices etc.	Gateway – L	June 2025	# of new agencies	# of new agencies.	GH Settings Database. VKEW Portal AP Portal Case Study
Actively support settings to implement Vic Kids Eat Well, Achievement Program, Healthy Choices etc.	Gateway – L	June 2025	# agencies registered # benchmarks completed	# benchmarks completed	GH Settings Database. VKEW Portal AP Portal DoH Settings Portal
Actively participate in regional forums & CoP's for VKEW, AP, QUIT, HEAS, VHEE, VALA & VicHealth	Gateway – S	Ongoing	List of Networks, Forums, CoP's	Participation in Networks, Forums, CoP's	Networks Record

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Healthy Eating Specific					
Actively support settings to implement healthy food and drink supply policies.	Gateway - L	June 2025	# agencies supported	# of agencies implementing Healthy Food policy GH Food Purchasing Policy	GH Settings Database GH Food Purchasing Procedure DoH Settings Portal.
Actively support settings to implement Vic Kids Eat Well (VKEW).	Gateway – L	June 2025	# agency registrations	# Small Bites # Big Bites	GH Settings Database VKEW Portal DoH Settings Portal. Case Study
Active Living Specific					
Mapping of “Active Schools” in Wangaratta & Wodonga.	Gateway – L	June 2025	Schools mapped	Baseline identified	GH Settings Database
Promote active travel initiatives (Walk to School, Ride 2 School) with schools, workplaces, and other settings.	Schools - L Councils - L Gateway – S	June 2025	GH Settings Database	# of agencies implementing active travel initiatives	GH Settings Database DoH Settings Portal.

Strategy 2 - Embed Early Childhood Resources (INFANT, From Bump to Beyond app)



Indicator

INFANT program & Pregnancy Journey resources are embedded into health services in Wodonga & Wangaratta.



Priority

Increasing healthy eating;
Increasing active living.



Settings

Early Childhood, Health Services



Target population

Early Childhood. First 1000 days.

LGA

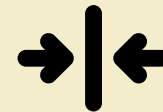


Wodonga, Wangaratta



Key Stakeholders

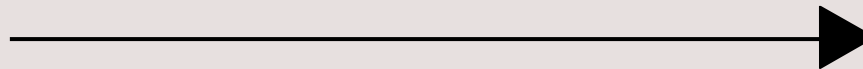
NHW, Maternal Child Health @ Councils, AWH, WHGNE



Alignment

- Deakin INFANT
- Review of Effective Strategies to Promote Breastfeeding, 2018
- Australian National Breastfeeding Strategy: 2019 & Beyond

Guiding approaches



Sustainability, Gender Equity, Embedding, Access, Social Marketing, Values Based Messaging.

Strategy 2 - Embed Early Childhood Resources (INFANT, Breastfeeding journey app)

Indicator: INFANT program and From Bump to Beyond resources are embedded into health services in Wodonga & Wangaratta

Key Lead Action:

- Engage with local and statewide partners to determine local needs and priorities in healthy eating.

Key Support Action:

- Activate referral pathways and support promotion, awareness and implementation of INFANT & From Bump to Beyond.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Promote From Bump to Beyond app to health services.	Northeast Health Wangaratta - L Gateway – S City of Wodonga, Maternal & Child Health – S	June 2025	Baseline Analytics – app downloads & usage. Review Baby Journey map. Develop awareness, education & social marketing campaign for From Bump to Beyond.	Health services utilise & promote the Pregnancy Journey map & From Bump to Beyond app. Marketing campaign	Analytics – app downloads & usage. Time series survey. Practitioner feedback – engagement & effectiveness. Media
Support Maternal & Child Health (MCH) services to implement INFANT.	MCH – L Gateway – S	June 2024	# Practitioners trained	INFANT embedded within MCH processes.	Case study.

Strategy 3 - Work in partnership with communities and multi-sectoral stakeholders to improve food security through sustainable connected food systems



Indicator

Partnerships contribute to increasingly connected food system.



Priority

Increasing healthy eating; Increasing active living, & tackling climate change and its impact on health.



Key Stakeholders

NELFS Partnership Group, DEWLP, Nourish, Melbourne Uni, Supergoat Media, Regional Development Association, Sustain, Vic Health, neighbourhood houses, Landcare, NERSA



Settings

Community



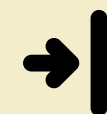
Target population

Food Desert localities, vulnerable populations, Regional multi-sectoral food system partners.

LGA



Wangaratta, Wodonga, Ovens Murray, Goulburn Valley



Alignment

- Health Food Connect Framework
- HUME Regional Climate Change Adaptation Strategy
- North East Local Food Strategy 2018-2022 (NELFS)
- Towards a Healthy, Regenerative & Equitable Food System in Victoria: A Consensus Statement
- Nourish Food System Map 2020
- VicHealth Food Hubs framework
- Wodonga Draft Sustainability Strategy 2022-26

Guiding approaches

Equity, Co-Design, Social Determinants of Health, Climate Lens, Systems approach, Engagement & Participation, Collective Impact.

Strategy 3 - Work in partnership with communities and multi-sectoral stakeholders to improve food security through sustainable connected food systems

Indicator: Partnerships contribute to improvements in food security for priority groups.

Key Lead Action:

- Work in partnership with communities to adapt and deliver local and tailored interventions to support healthy eating and system change efforts to support food security, including with priority groups.
- Build capacity for healthy eating among settings and internal and external stakeholders.
- Influence food systems to improve health, as an advocate, broker, enabler and connector, including through strategies that minimise environmental impact and increase healthy and sustainable food procurement, distribution and consumption.

Key Support Action:

- Support food security initiatives to increase access to nutritious and affordable food for priority cohorts and embed opportunities that foster autonomy. For example, food relief initiatives, community food hubs, food skills and food literacy. Support improvements in climate resilience of local food systems and food producers which will be impacted by our changing climate and therefore impact food security.
- Participate in topic or place based networks, communities of practice and partnerships to collaborate on shared priorities, join up work, learn from others, as well as contribute to local coordination and leveraging opportunities for engagement, activation and implementation.

Strategy 3 - Work in partnership with communities and multi-sectoral stakeholders to improve food security through sustainable connected food systems

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Active participation in the Wangaratta Community Food For All network and implementation of the food systems module (VicHealth Local Government Partnership).	Gateway - S Rural City of Wangaratta, Open Door Neighbourhood House, Wangaratta Landcare/ sustainability network.	June 2025	CFFA Network meetings. Community event to launch food maps and present local food coalition. Sharing information about local food initiatives.	Local Food Coalition established Working towards development of Wangaratta Food Systems Strategy. CFFA Facebook page to share information.	Meeting documentation Community event reach data and outcomes. Social media analytics
Support community-led initiatives to improve access to nutritious food in food desert areas.	Gateway – S Communities and community groups in food desert areas.	June 2025	Supports provided	Improved food access in food desert areas.	Feedback from community. Partnership Analysis.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Co-design initiatives to improve access to nutritious food for residents of social housing (pilot project).	Gateway – L Rural City of Wangaratta Housing network members.	June 2025	Partnerships established. Co-design and implementation of pilot project.	Improved food access for residents of public/social housing.	Pilot project documentation and evaluation.
Active involvement in the 'project advisory group' for the review and renew of the North East Local Food Strategy.	Gateway – S WHGNE, NELFS Action Group members.	June 2025.	Partnerships established – MOU/agreement with WHGNE Advisory/governance group participation	NELFS is reviewed and renewed.	Project Documentation
Participate (on behalf of the NELFS action group) in the Victorian Food Resilience Planning Project Stakeholder Advisory Group.	Gateway – S University of Melbourne Foodprint team and other stakeholders, NELFS action group members.	November 2024.	#meetings attended Information shared.	NELFS stakeholder participation in research activities.	Project documentation.

Strategy 4 - Work in partnership with communities to deliver active living initiatives tailored to local context



Indicator

Increase in place-based active living initiatives



Priority

Increasing active living.



Settings

Community



Target population

Across the lifespan. All Abilities.



Key Stakeholders

Rotary Club Myrtleford, Lyons Club Bright, Wangaratta & Alpine Councils, Sport NE

LGA



Alpine, Wangaratta, Wodonga

Guiding approaches

Collective Impact. Values Based Messaging, Health Literacy, Climate Lens, Inclusivity & Connection.

Strategy 4 - Work in partnership with communities to deliver active living initiatives tailored to local context



Local councils

City of Wodonga:

- Council Plan 2021-2025 (includes Municipal Public Health and Wellbeing Plan)
- Municipal Early Years Plan 2019-2021
- Sustainability Strategy 2014-2020
- Climate Change Adaptation Action Plan 2017-2021
- Physical Activity Strategy 2021-2026
- Sport and Recreation Plan 2014-2040
- Youth Strategy 2019-2022
- No one left behind – Safety, Inclusion and Equity 2016-22
- Child friendly City Framework 2012 – 17
- Play Environments in Wodonga 2014
- Two Cities One Community Operational Action Plan 2021-2022

Rural City of Wangaratta:

- Council Plan 2021-2025 (includes Municipal Public Health and Wellbeing Plan)
- Environmental Sustainability Strategy 2021-2026
- Walking and Cycling Strategy 2020-2030
- 2019-2020 Active Living Mapping Project for Wangaratta and Surrounds Report

Alpine Shire

- Council Plan 2021-2025 (includes Municipal Public Health and Wellbeing Plan)
- Sport and Active Recreation Strategy 2021-2031
- Climate Action Plan 2021-2024
- Alpine Active Living Mapping Project 2018 Report



Other

- Victorian Public Health & Wellbeing Plan 2019-2023 and Victorian Public Health & Wellbeing Outcomes Framework (2016), State Government of Victoria
- VicHealth Physical Activity Strategy 2019-2023
- Active Victoria 2022-2026 – A strategic framework for sport and active recreation in Victoria

Strategy 4 - Work in partnership with communities to deliver active living initiatives tailored to local context

Indicator: Increase in place-based active living initiatives

Key Lead Action:

- Leverage off networks, relationships, and cross-sectoral connections to influence the determinants of active living and address co-benefits to health and wellbeing (e.g. climate change and health, healthy eating, mental wellbeing).
- Work in partnership with communities to adapt and deliver active living initiatives tailored to local context, including with priority cohorts.
- Engage with local and statewide partners to determine local needs and priorities in active living.
- Build capacity for active living among settings and internal and external stakeholders, e.g. CoP for settings staff and others to create active living environments.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Auspice the Wodonga Tai Chi Group	Gateway – S	June 2025	Wodonga Tai Chi Group functional	Wodonga Tai Chi Group Auspiced	Volunteer paperwork Finance paperwork

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Implement the Active Alpine Group Action Plan	Alpine Health – L Gateway – L Alpine Shire Council – S Sport North East – S Lions Club of Bright – S Rotary Club of Myrtleford – S	June 2025	Install Outdoor Fitness Equipment (OFE) in Alpine Shire in Myrtleford and Porepunkah. Recruit, create and run outdoor exercise classes at OFE in Porepunkah and Myrtleford. Promote ‘train the trainer’ video for Tawonga and Mount Beauty OFE. Film ‘train the trainer’ video for Porepunkah and Myrtleford OFE sites. Promote instructional videos for OFE in Harrietville and to install QR code.	OFE installed in Myrtleford & Porepunkah Regular exercise classes at OFE Myrtleford & Porepunkah. Analytics Train the trainer film Analytics	Project documentation. Partnership Analysis. Participant surveys. Instructional videos. Train the Trainer videos. QR Code analytics.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Implement the Active Living Wangaratta Action Plan.	Rural City of Wangaratta – L Gateway – S	June 2025	<p>Support Rural City of Wangaratta and RESPOND participant's in Activating Walking and Cycling Routes to School</p> <p>Work in partnership with Rural City of Wangaratta and Northeast Health to distribute and promote a Bike Rack Map for the CBD of Wangaratta to encourage active travel.</p> <p>Participate in Rural City of Wangaratta Recreation and Open Space Strategy working group.</p>	<p>Walking and Cycling Routes to schools are activated</p> <p>Bike Rack Map is published and distributed</p> <p>Rural City of Wangaratta Council Recreation and Open Space Strategy developed.</p>	<p>Project Documentation.</p> <p>Bike Rack Map</p> <p>Rural City of Wangaratta Council Recreation and Open Space Strategy</p>

Objective 2:

**Build capacity for health
promotion and collective
impact**

Strategy 5- RESPOND



Indicator

Activation of community
for childhood health and
wellbeing



Priority

Increasing healthy
eating & Increasing
active living.



Key Stakeholders

Deakin University,
Wangaratta RESPOND
Backbone Group, Alpine
Health & Wellbeing
Partnership (RESPOND
Backbone), Wodonga
Brains Trust (RESPOND
Backbone)



Settings

Community



Target population

Children & their families in the Ovens Murray.

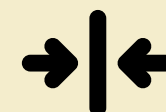
LGA



Ovens Murray

Guiding approaches

Collective Impact, Health Literacy, Engagement & Participation, Community Activation,
Co-Design, Health At Every Size, Coordination.



Alignment

- VicHealth - A Healthier Start for Victorians.
- RESPOND Strategic Refresh 2025.
- Healthy Kids, Healthy Futures

Strategy 5 - RESPOND

Indicator: Activation of community for childhood health & wellbeing.

Key Lead Action:

- Lead community activation and engagement approaches to drive support and uptake for healthy eating and active living initiatives within Wodonga & Wangaratta.
- Engage with local and statewide partners to determine local needs and priorities in healthy eating and active living.
- Build capacity for healthy eating and active living among settings and internal and external stakeholders.
- Leverage off networks, relationships and cross-sectoral connections to influence the determinants of healthy eating and active living, and address co-benefits to health and wellbeing (e.g. climate change and health, mental wellbeing).

Key Support Action:

- Participate in topic or placed based networks, communities of practice and partnerships to collaborate on shared priorities, join up work, learn from others, as well as contribute to local coordination and leveraging opportunities for engagement, activation and implementation.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Implementation science collaboration with Deakin GLOBE.	Gateway – S Deakin Uni - L	June 2025	Project documentation	Application of implementation science methods / tools	Project documentation
Support OM Partners to undertake RESPOND Group Model Building	Gateway – S OM Partners – L	June 2025	Project documentation	Project documentation	Project documentation

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Involvement in Regional Partners Group	Deakin - L Gateway – S	June 2025	Project documentation	# meetings	Project documentation
Involvement in Regional Implementation Group	Deakin - L Gateway - S	June 2025	Project documentation	# meetings	Project documentation
STEP 1: Wodonga RESPOND	Gateway – L	June 2025	Community activation	Community activation	Project documentation
Brains Trust to guide decision making	Gateway – L	June 2025	Meeting minutes	Brains Trust provides active governance function	Most Significant Change method Case study
Sleep Health seminars	Sleep Foundation Australia – L Gateway – L	June 2024	Project documentation	Sleep health seminars	Project documentation Case study
Peer mentoring – Wodonga Community Advocates	Public Health Advocacy Institute – L Gateway – L	June 2025	Project documentation	Local Drug Action Team Route 66 Albury Wodonga Food Share Wodonga Urban Landcare Network Rejuvenate Accelerate	Project documentation Case study

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Resilient Youth Australia – PLAY program in primary school setting.	Resilient Youth Australia – L Gateway – S	June 2024	# Schools recruited # Schools undertaking PLAY training	# of Schools implementing PLAY post training 6month & post training 12month intervals.	Case study Project documentation
GMB reboot with Wodonga school students	Gateway – L	June 2025	GMB reboot project documentation	GMB reboot implemented with adapted tools	Case study Project documentation
RESPOND community activity funding model	Brains Trust – L Gateway – S	June 2025	RESPOND community activity funding model scoping document	RESPOND community activity funding stream	Project documentation
STEP 2: Wangaratta RESPOND	Gateway – L	June 2025	Community activation	Community activation	Project documentation
Backbone group to guide community led ‘action ideas’.	Gateway – L RCoW, Deakin, NHW – S	June 2025	Meeting minutes	Backbone Group active governance for progressing ‘action ideas’	Partnership Analysis
Co-design an accessibility framework	Gateway – L/S NHW, RCoW, community	June 2024	Project documentation	Accessibility framework developed	Accessibility framework

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Community come and try expo days for recreational activities	Gateway – S RCoW – L Sports NE community members	June 2024	# of participating clubs	# of grants provided	Project documentation Comms
Co-design cooking skills opportunities	Gateway – L/S community members	June 2025	Project documentation	Co-designed cooking projects	Project documentation Case study
Map & re-activate food gardens in a variety of settings	Gateway – L/S community members	June 2025	Mapping gardens	Co-designed garden projects	Project documentation Case study
Co-design mobile recycle art bus/nature play for schools and community groups	Gateway – S Neighbourhood House, community members	June 2025	Project documentation	Mobile recycle art bus/nature play for schools and community groups	Project documentation
Community Directory/ information hub	Gateway – S RCoW – L	June 2024	Project documentation	Community Directory information hub	Project documentation
STEP 2: Alpine RESPOND (Alpine Health & Wellbeing Partnership)	Alpine Health – L Alpine Shire – S Gateway – S	Dec 2023	Project documentation	Participate in the planning and delivery of GMB's x3	Project documentation

Strategy 6 - Develop Skills and Knowledge for Health Promotion



Indicator

Improvements in health promotion skills & knowledge.



Priority

Foundational to Increasing healthy eating & Increasing active living.



Alignment

- Gateway Health Strategic Plan
- Ottawa Charter for Health Promotion
- VicHealth – Capacity Building: for whom, in what circumstances, and how.



Settings

Workplace



Target population

Gateway Health, Health Promotion Team.

LGA



Wodonga, Wangaratta

Guiding approaches

Evidence-based practice



Key Stakeholders

Gateway Health

Strategy 6 - Develop Skills & Knowledge for Health Promotion

Indicator: Improvements in health promotion skills & knowledge

Key Lead Action:

- Amplify and localise statewide social marketing campaigns by championing the campaign messages in the local community.
- Build capacity for healthy eating and active living among settings and internal and external stakeholders.

Key Support Action:

- Participate in topic or placed based networks, communities of practice and partnerships to collaborate on shared priorities, join up work, learn from others, as well as contribute to local coordination and leveraging opportunities for engagement, activation and implementation.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Undertake 12monthly skills & knowledge audit	Gateway - L	Annual	Skills matrix developed	Improvements in skills & knowledge for health promotion	Skills matrix – time series
Provide opportunities for skills & knowledge development	Gateway - L	Annual	# of opportunities	GH Learning & Development plans	Team Training Register
Develop and apply a 'Systems Log' for reflection on, and monitoring of, systems approach to practice.	Gateway – L	Ongoing	Systems Log developed & embedded into practice	Systems Log reflections inform practice	Systems Log

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Implement monthly evidence reviews	Gateway - L	Ongoing	Monthly evidence reviews	Improvements in skills & knowledge for health promotion	Skills matrix
Explore the opportunity for becoming registered IUHPE Health Promotion Practitioners	Gateway – L	June 2025	AHPA documentation & webinars	# Team registered practitioners	Project documentation Case study
Develop a communication strategy	Gateway - L	June 2025	Comms plan	Increased awareness of CH-HP work	Comms products Website update
Support students of health promotion, public health, community dietetics, and community development	Gateway - L	Ongoing	GH processes enable access for student placements	# students	Student Placement documentation Feedback from Students
Scope the capacity to host a regional seminar / forum	Gateway – L	June 2025	Scoping document	Size Inclusive workshop for health practitioners	Project documentation Comms

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Foster relationships with universities	Gateway – L La Trobe Uni Charles Sturt Uni Deakin Uni Curtain Uni Uni New South Wales Australian National Uni Victoria Uni	Ongoing	Relationships built and maintained	Connections with universities result in evidence-based practice & practice-based evidence	Project documentation
Build understanding and capacity for health promoting approaches across GH	Gateway – L	Ongoing	GH applies the principles of Health Promoting Health Service	Cross pollination and internal coordination	Project documentation GH Strategic Plan Comms products Internal Working Groups

Strategy 7 - Involvement in Regional Health Promotion Networks



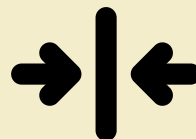
Indicator

Improved coordination of regional health promotion efforts.



Priority

Foundational to Increasing healthy eating & Increasing active living.



Alignment

- Gateway Health Strategic Plan
- Ottawa Charter for Health Promotion
- VicHealth – Health Promotion Strategy



Settings

Workplaces, Community



Target population

Gateway Health, Health Promotion Team.

LGA



Ovens Murray, Hume, Victoria wide

Guiding approaches

Collective Impact, Coordination.



Key Stakeholders

State-wide Health Promotion partners

Strategy 7 - Involvement in Regional Health Promotion Networks

Indicator: Improved coordination of regional health promotion efforts

Key Lead Action:

- Build capacity for healthy eating and active living among settings and internal and external stakeholders.
- Leverage off networks, relationships and cross-sectoral connections to influence the determinants of healthy eating and active living, and address co-benefits to health and wellbeing (e.g. climate change and health, mental wellbeing).

Key Support Action:

- Link with other agencies to understand and address gender and intersectional considerations for local healthy eating and active living initiatives.
- Participate in topic or placed based networks, communities of practice and partnerships to collaborate on shared priorities, join up work, learn from others, as well as contribute to local coordination and leveraging opportunities for engagement, activation and implementation.

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Ovens Murray Health Promotion Network	Gateway – L Ovens Murray - S	Ongoing	# of meetings # of organisations represented	Collective Impact Partnership Survey Gender Equity Survey	Project Documentation
Alliance of Rural & Regional Community Health – Upstream Investment CoP	Gateway – L ARRCH - S	Ongoing	# of meetings Mapping SDoH	Collective Impact Advocacy	Project Documentation

Action 2023/24	Local partners (Lead/Support)	Timeline	Process measures 2023/24	Indicators	Evaluation methods & tools
Hume Advocacy CoP	GVPHU – L Gateway – L	Ongoing	ToR developed # of meetings	Collective Impact Advocacy #HealthPromotionIn Motion	Project Documentation
WHGNE Gender Equity CoP	WHGNE – L Gateway – S	Ongoing	# meetings	Collective Impact	Project Documentation
Systems Thinking CoP	Deakin GLOBE – L Gateway – S	Ongoing	# meetings	Collective Impact	Project Documentation
Australian Health Promotion Association Vic/Tas Branch committee	AHPA – L Gateway – S	Ongoing	# of meetings	Collective Impact	Project Documentation
LGA based Health & Wellbeing Partnership networks to ensure alignment to Municipal Public Health Plans.	Alpine Wangaratta Benalla Mansfield Wodonga	Ongoing	# of meetings	Collective Impact	Project Documentation

Contact us

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