

Gateway Health

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



gateway
health

People living well

Organisation details

Funded agency/s	Gateway Health
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Selected Statewide Priorities	Increasing healthy eating Increasing active living

Contents

Funded Agency Details.....	2
About Gateway Health.....	4
Ottawa Charter for Health Promotion.....	6
Community Health-Health Promotion (CH-HP) 2023-25.....	7
Addressing the Victorian Public Health and Wellbeing Priorities.....	10
Gateway Health, CH-HP Plan 2023-25.....	11
Outcome and Impact Evaluation.....	12
Strategy 1 - Engage with settings to provide support for state-wide programs.....	14
- Action Plan & Process Evaluation	16
Strategy 2 - Embed early childhood resources.....	17
- Action Plan & Process Evaluation	18
Strategy 3 - Improve food security through sustainable connected food systems.....	19
- Action Plan & Process Evaluation	21
Strategy 4 - Deliver active living initiatives tailored to local context.....	24
- Action Plan & Process Evaluation	26
Strategy 5 - RESPOND.....	30
- Action Plan & Process Evaluation	31
Strategy 6 - Develop skills and knowledge for health promotion.....	34
- Action Plan & Process Evaluation	35
Strategy 7 - Involvement in regional health promotion networks.....	38
- Action Plan & Process Evaluation.....	39



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 Services, Family Safety Services, General Practice and Clinics, Healthy Ageing including assessment, LGBTIQ+ Community programs, Mental Health and Wellbeing services, NDIS services 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.

Our vision

People living well
across the lifespan.



Our purpose

To provide care and services that connect the community and strengthen individual and population health and wellbeing.

Gateway Health serves all people and is committed to improving individual and population health outcomes. We will do this by providing health care and support to individuals and communities in times of need, and by actively working with our partners to address the social and environmental determinants of health.

Our principles

Our principles shape the way we plan and design our services and business systems.

Together they underpin organisational culture, strategy and the way we deliver our services.

- We advocate for fair and equitable access to health care and wellbeing services for all.
- We respect the strength of individuals and the community, and their capacity to recover from adversity.
- We recognise the importance of adaptability and responsiveness to enable us to deliver on our commitment to the community.
- We actively listen and work alongside the community and each other to design and deliver better solutions.
- We believe a learning culture is critical to enhancing the wellbeing of staff, clients and the community.
- We contribute to creation of a connected and integrated health and community care system to achieve the best outcomes for our clients and community.

Ottawa Charter for Health Promotion, WHO, 1986

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 environments **enable** people to make healthy choices. This is done by **mediating** multi-sectoral collaboration. Health promotion has a key focus on working to achieve equity in health.

Ottawa Charter - Prerequisites for health

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

Ottawa Charter - Key areas for action

**Strengthen
community
action**

**Develop
personal
skills**

**Create
supportive
environments**

**Re-orient
health
services**

**Build healthy
public policy**

Community Health - Health Promotion (CH-HP) Program 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, Wangaratta and Alpine; 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 2023 -27 priorities of healthy eating and active living.



Community Health - Health Promotion (CH-HP) Program 2022-25

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. Our work is guided by the Ottawa Charter for Health Promotion, and 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, norms, routines, rules and regulations, capacity and practice resources, and power that drives systems’.

Bensberg, 2020. [DOI:10.1002/hpja.325](https://doi.org/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)

Capacity building is not only a practice principle, but a key LEAD action outlined in the CH-HP Program Guidelines 2023-25. 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. To ensure the health promotion workforce across the Ovens Murray are connected, Gateway Health will continue to host the regional health promotion network - in lieu of the Ovens Murray Public Health Unit carrying forward this core function of the Primary Care Partnerships. A connected regional health promotion workforce will enable capacity for collective impact through coordinated planning and shared evaluation measures - essential for scale.

**Community
Engagement**

**Systems
Thinking**

**Collective
Impact**

Addressing the Victorian Public Health & Wellbeing priorities

	Guiding Approaches	Setting	Priority Populations	Alignment	Climate Co-benefits	Mental Health Co-benefits
<p>Increase Healthy Eating</p> <p>(nutritious food)</p>	<p>Systems</p> <p>Social Determinants of Health</p> <p>Equity</p> <p>Size Inclusive</p> <p>Advocacy</p> <p>Engagement & Participation</p>	<p>OSHC</p> <p>Schools</p> <p>Workplaces</p> <p>Health Services</p> <p>Early Childhood</p>	<p>Young people</p> <p>Food Deserts</p> <p>First Nations communities</p> <p>Multicultural communities</p>	<p>Healthy Kids, Healthy Futures</p> <p>Vic Kids Eat Well</p> <p>Healthy Choices</p> <p>Healthy Food Connect</p>	<p>Sustainable Food Systems</p>	<p>OM PHU Priority Area</p> <p>✓</p>
<p>Increase Active Living</p> <p>(movement)</p>	<p>Co-design & Sustainability</p> <p>Values Based Messaging & Health Literacy</p> <p>Collective Impact</p>	<p>Green Spaces</p> <p>Community</p> <p>Workplaces</p> <p>Health Services</p> <p>Schools</p>	<p>Women</p> <p>Young people</p> <p>All abilities</p> <p>Remote communities</p>	<p>Active Schools</p> <p>Healthy Parks Healthy People</p> <p>Achievement Program</p>	<p>Active Travel</p> <p>Activating Green Spaces</p>	<p>✓</p>

Goal

Cultivate supportive environments for improvements in healthy eating and active living.

*Measures = Victorian Public Health & Wellbeing Outcomes Framework
Tool = Victorian Public Health & Wellbeing Outcomes Framework Data Dashboard*

Objectives

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

*Measures = CH-HP Impact Measures Practice Guide 2023-25
Tool = CH-HP Impact Measures Webportal*

Build capacity for health promotion and collective impact

*Measures = Collective Impact, Regional Coordination, & Skills Development
Tools = Outlined in plan*

Strategies

Engage with settings to provide support for state-wide programs

Embed Early Childhood resources

Improve food security through sustainable, connected food systems

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

RESPOND

Skills & knowledge development

Regional Health Promotion Networks

Evaluation

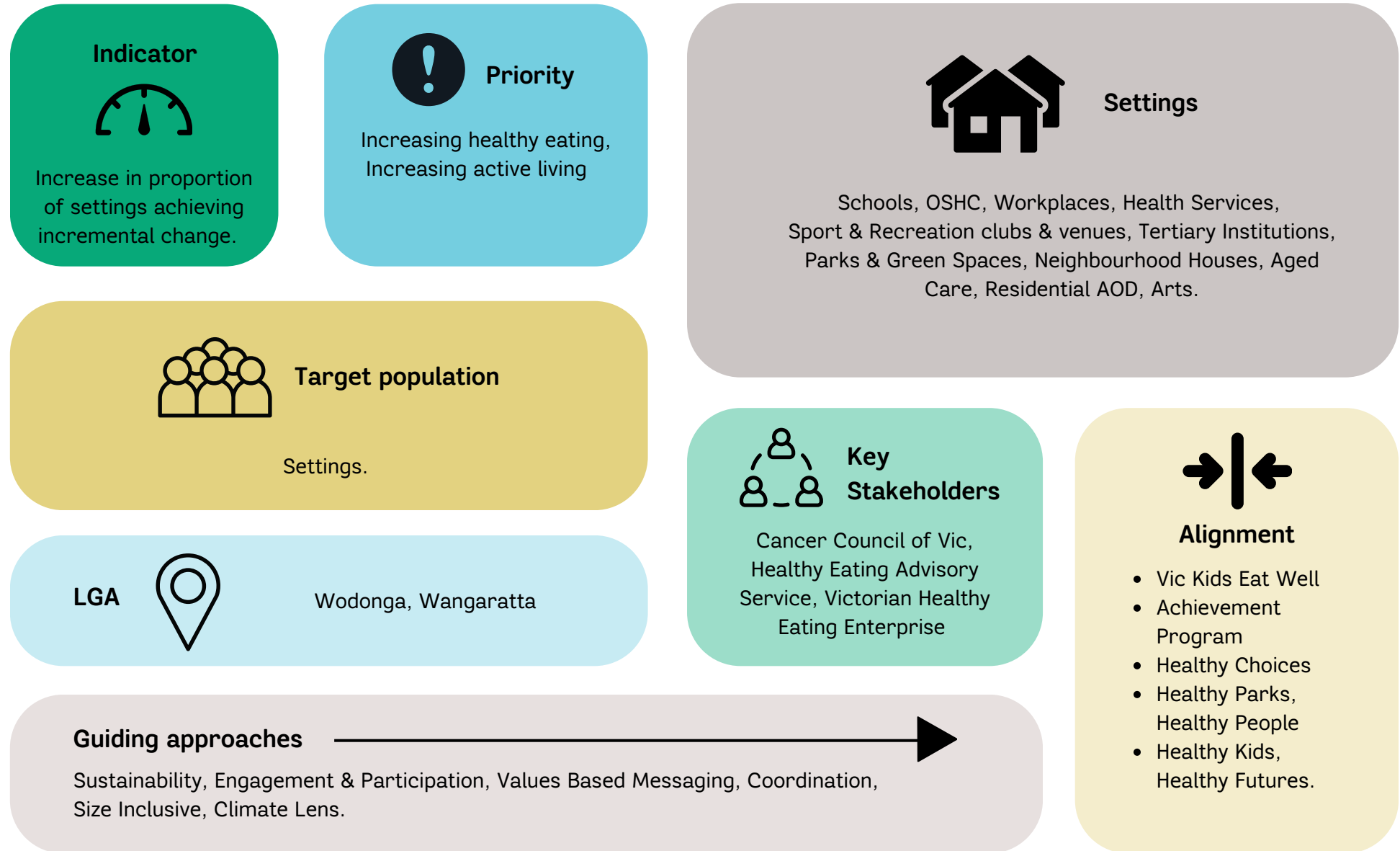
The Victorian Public Health & Wellbeing Outcomes Framework data will measure the outcomes of our work to improve healthy eating and active living throughout 2023-25. The CH-HP Impact Measures will measure scaled settings work and be captured in the Victorian Department of Health webportal. Capacity building and collective impact will be measured with locally relevant tools.

<p>Goal: 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: 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: 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

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



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.

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

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Maintain the Settings Database	Gateway - L	June 2025	Settings Database updated quarterly	Baseline identified Changes identified	DoH Settings Webportal
Build relationships with, and actively support settings, for implementation of: <ul style="list-style-type: none"> • Vic Kids Eat Well, • Achievement Program, • Healthy Choices, • Active Travel 	Gateway – L	June 2025	# agencies registered # benchmarks completed	# Small Bites # Big Bites # Small Steps # Big Steps	DoH Settings Webportal VKEW Portal AP Portal Gateway Health Food Purchasing procedure & Smoking + vaping policy VKEW Case Study here
Actively participate in regional forums & CoP's for VKEW, AP, QUIT, HEAS, VHEE, VALA & VicHealth	Gateway – S	June 2025	Attendance at Networks, Forums, CoP's	Participation in Networks, Forums, CoP's	Project Documentation

Strategy 2 - Embed Early Childhood Resources



Indicator

Early Childhood resources are embedded into health services in Wodonga & Wangaratta..



Priority

Increasing healthy eating;
Increasing active living.



Settings

Early Childhood, Health Services



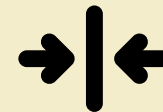
Target population

Early Childhood. First 1000 days.



Key Stakeholders

NHW, Maternal Child Health, Councils, AWH, WHGNE,



Alignment

- Deakin INFANT
- Gateway Health Midwifery Program
- Council Early Years Plans.

LGA



Wodonga, Wangaratta

Guiding approaches

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

Strategy 2 - Embed Early Childhood Resources

Indicator: Early Childhood resources are embedded into health services in Wodonga & Wangaratta.

Key Lead Action:

- Engage with local and statewide partners to determine local needs and priorities.
- Link with other agencies to understand and address gender and intersectional considerations for local healthy eating and active living initiatives.

Key Support Action:

- Build capacity for healthy eating and active living among settings and internal and external stakeholders.

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Support Maternal & Child Health (MCH) services to implement INFANT.	MCH – L Gateway – S	June 2025	# Practitioners trained	INFANT embedded within MCH processes.	<i>Complete</i> INFANT Case Study here
Embed Gateway Health, Pregnancy Journey Map into clinical services at Gateway.	Gateway – L	June 2025	Map is distributed	Clinicians utilise Pregnancy Journey map	Practitioner feedback. Gateway Pregnancy Journey Map here
Explore / Advocate for Early Childhood resources in Wangaratta.	Rural City of Wangaratta - L Gateway - S NEMA - S VACCA - S	June 2025	Early childhood services mapping. Active participation in Early Years Plan working group.	Rural City of Wangaratta Early Years Plan.	Mapping Report Rural City of Wangaratta Early Years Plan
Sleep Health Seminar Wodonga for Childcare Centres	Sleep Foundation Australia - L Gateway - L MCH - S	June 2025	Project documentation	Sleep Health Seminars implemented	Sleep Health Seminar 2023 Case Study here Pre & Post Surveys

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.



Priority

Increasing healthy eating,
Increasing active living.



Key Stakeholders

NELFS Partnership Group,
DEWLP, Nourish, Melbourne Uni, Sustain, Vic Health, neighbourhood houses, Landcare, NERSA



Settings

Community



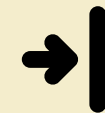
Target population

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 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Support the Rural City of Wangaratta Sustainable Food Alliance and implementation of the food systems module (VicHealth Local Government Partnership)	Gateway Health – S/co-design Rural City of Wangaratta, Open Door Neighbourhood House, Wangaratta Landcare/sustainability network, and new members	June 2025	Alliance meetings. Local Food Access Needs Assessment completed Sharing information about local food initiatives	Alliance is functional Implementation of Food System Module activities.	Project documentation Food Access Needs assessment reports Case Study here Wangaratta Community Food Map
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.	Project advisory group participation. Workshops held to collect information for food atlas.	Food Atlas is developed to inform NELFS 2.0.	Project Documentation

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

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Map & re-activate veggie gardens in educational & community settings in Wangaratta LGA.	Gateway - L	June 2025	STICK-E map GIS Map School gardens grants	Gardens are re-activated.	Garden Mapping Report. Presentation
Support Food Growing: <ul style="list-style-type: none"> Wangaratta Supported Playgroup (intergenerational) Wangaratta Therapeutic Community 	Gateway - L/S Rural City of Wangaratta (Supported play groups)	June 2025	Community members are engaged in the development of gardens	Co-designed food gardens are established and used by community members	Photos/records of garden being established Survey/Interviews with partners and community members
Co-design cooking skills opportunities (focus on working with priority population groups)	Gateway – L/S Community members, Pangerang Community Hub	June 2025	Accessibility planning checklist. Community members are engaged in designing cooking sessions	Cooking sessions are held with priority population groups	Photos/records of cooking sessions Survey/Interviews with participants

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

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Design, implement & evaluate Wodonga Community Dinners	Gateway - L	June 2025	<p>Source funding!</p> <p>Project logic.</p> <p>Identify, recruit and support ‘co-designers’ for the WG</p> <p>Venue / Menu Design</p> <p>“You can’t ask that” style questions for the dinner table.</p>	Host 4 community dinners across late summer/ autumn in Wodonga	<p>Photos</p> <p>Key Informant interviews</p>
Support the Bhutanese Community Farm Wodonga	Gateway - S	June 2025	Grant funding	Bhutanese Community Farm continues to thrive.	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 & Council, Workplaces, Schools, Health Services



Target population

Across the lifespan. All Abilities.



Key Stakeholders

Rotary Club Myrtleford, Lions Club Bright, Wangaratta & Alpine Councils, Sport NE, Resilient Youth Australia,

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
- Reaction & Open Spaces Strategy 2024-2033

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 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Auspice the Wodonga Tai Chi Group	Gateway – S	June 2025	Wodonga Tai Chi Group functional	Wodonga Tai Chi Group Auspiced	Project Documentation
PLAY (Positivity, Leadership and Activated Youth) In Wodonga primary school settings	Resilient Youth Australia - L Primary Schools in Wodonga - L Gateway - S	June 2025	# Schools recruited # Schools trained by RYA	# of Schools implementing PLAY post training 6month & post training 12month intervals.	Grant application & acquittal. Project documentation. Case Study here

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

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Implement the Active Alpine Group Action Plan	Alpine Health – L Gateway – L	June 2025	<p>Recruit, create and run outdoor exercise classes at Outdoor Fitness Equipment (OFE) Porepukah and Myrtleford.</p> <p>Recruit, create and run exercise classes at OFE with priority population - women.</p> <p>Finalise & promote ‘train the trainer’ videos.</p> <p>Create and promote manuals for volunteer peer led exercise classes for OFE at Tawonga /Mount Beauty /Harrietville/Myrtleford/ Porepukah.</p> <p>Investigate the opportunity for Wellness Trails within the Alpine Shire to increase Physical Activity</p>	<p>Regular exercise classes at OFE Myrtleford & Porepukah.</p> <p>Regular exercise classes at OFE with women.</p> <p>Train the Trainer videos</p> <p>Volunteer manual available for peer led volunteers.</p> <p>Wellness Trail WG.</p> <p>Grant applications.</p>	<p>Pre and post survey, three and six month post survey of classes.</p> <p>Participant surveys.</p> <p>QR Code analytics</p> <p>Volunteer manual available for peer led volunteers.</p> <p>Case Study here</p> <p>Project documentation</p>

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

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Implement the Active Living Wangaratta Action Plan.	Rural City of Wangaratta – L Gateway – S	June 2025	Support Rural City of Wangaratta and RESPOND participant's in Activating Walking and Cycling Routes to School. Support Rural City of Wangaratta to promote / run activities that support women & girls to be active. Participate in partnerships & networks.	Walking and Cycling Routes to schools are activated Activities for Women and Girls are advertised. Involved in partnerships & networks.	Project Documentation. Bike Rack Map here Rural City of Wangaratta LIVE Wangaratta page. Project documentation.

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.

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 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Implementation science collaboration with Deakin GLOBE.	Gateway – S Deakin Uni - L	Dec 2024	Project documentation	Application of implementation science methods / tools	Project documentation
Involvement in Regional Partners & Implementation Groups	Deakin - L Gateway - S	Dec 2024	Project documentation	# meetings	Project documentation

Strategy 5 - RESPOND

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
STEP 1: Wodonga RESPOND	Gateway – L	June 2025	Community activation	Community activation	Project documentation Case Study
Brains Trust to guide decision making	Gateway – L	June 2025	Meeting minutes	Brains Trust provides active governance function	Most Significant Change method <i>Case Study here</i>
Wodonga Community Advocates	Public Health Advocacy Institute – L Gateway – L	June 2025	Project documentation	Local Drug Action Team Youth Advocacy Training Advocacy Panel Discussion series	Project documentation <i>Alcohol & Gambling Advocacy Case Study here</i>
Group Model Building with Primary Schools	Gateway - L Deakin GLOBE - S	June 2025	GMB's in 3x Primary Schools Adapted GMB tools / processes	Action Plans for elevating 'Student Voice'.	Project Documentation Case Study
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

Strategy 5 - RESPOND

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
STEP 2: Wangaratta RESPOND	Gateway – L	June 2025	Community activation	Community activation	Project documentation Case Study
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
Support implementation of the Inclusive Wangaratta Plan and advocate for improved accessibility.	Gateway – S Rural City of Wangaratta – L NHW and community members - S	June 2025	Accessibility planning checklist utilised for RESPOND actions. Gather and promote local stories about accessible/inclusive safe spaces.	RESPOND actions are accessible for priority population groups. Local stories are used to advocate for improved accessibility.	Project documentation
Pilot roll out of mobile recycle art bus workshops	Gateway – S Pangerang Community Hub, Bunnings Wangaratta	June 2025	Resource Kit (video, facilitator manual and materials)	# of Mobile recycle art bus workshops held Community partnerships	Project documentation <i>Case Study here</i>
Community Directory/information hub	Gateway – S RCoW – L	June 2025	Project documentation	Community Directory information hub	Project documentation

Strategy 6 - Develop Skills and Knowledge for Health Promotion



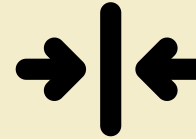
Indicator

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 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	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	June 2025	Systems Log developed & embedded into practice	Systems Log reflections inform practice	Systems Log Reflection Paper

Strategy 6 - Develop Skills & Knowledge for Health Promotion

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	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
Develop & implement a communication strategy	Gateway - L	June 2025	Comms plan	Increased awareness of CH-HP work	Comms products Website
Support students of health promotion, public health, community dietetics, and community development	Gateway - L	June 2025	Student placements	# students	Student Placement documentation
Host a regional seminar on Size Inclusive Practice.	Gateway - L WHGNE - L BHS - L Health not Diets - S Psychology for Health - S Headspace - S Better Health Network - S	June 2025	Program logic. Funding. Action Plan. Comms Plan.	Size Inclusive workshops and seminars for health practitioners	Project documentation Comms Pre & Post survey

Strategy 6 - Develop Skills & Knowledge for Health Promotion

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	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 <i>Advocacy Journal paper here</i>
Build understanding and capacity for health promoting approaches across Gateway Health.	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



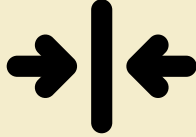
Indicator

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

Health Promoters across the region and the state.

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 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Ovens Murray Health Promotion Network	Gateway – S Ovens Murray PHU - L	Ongoing	# of meetings	Collective Impact	Project Documentation
Alliance of Rural & Regional Community Health – Upstream Investment CoP	Gateway – L ARRCH - S	Ongoing	# of meetings	Collective Impact Advocacy	Project Documentation

Strategy 7 - Involvement in Regional Health Promotion Networks

Action 2024/25	Local partners (Lead/Support)	Timeline	Process measures 2024/25	Indicators	Evaluation methods & tools
Hume Advocacy CoP #HealthPromotionInMotion	GVPHU – L Gateway – L	Ongoing	ToR developed # of meetings	Collective Impact Advocacy	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	AHPA – L Gateway – S	Ongoing	Attendance at Lunch & Learns	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
Municipal Association of Victoria – Leading the Way	MAV - L Gateway - S	Ongoing	# of meetings	Collective Impact	Project Documentation

Contact us

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gateway
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People living well