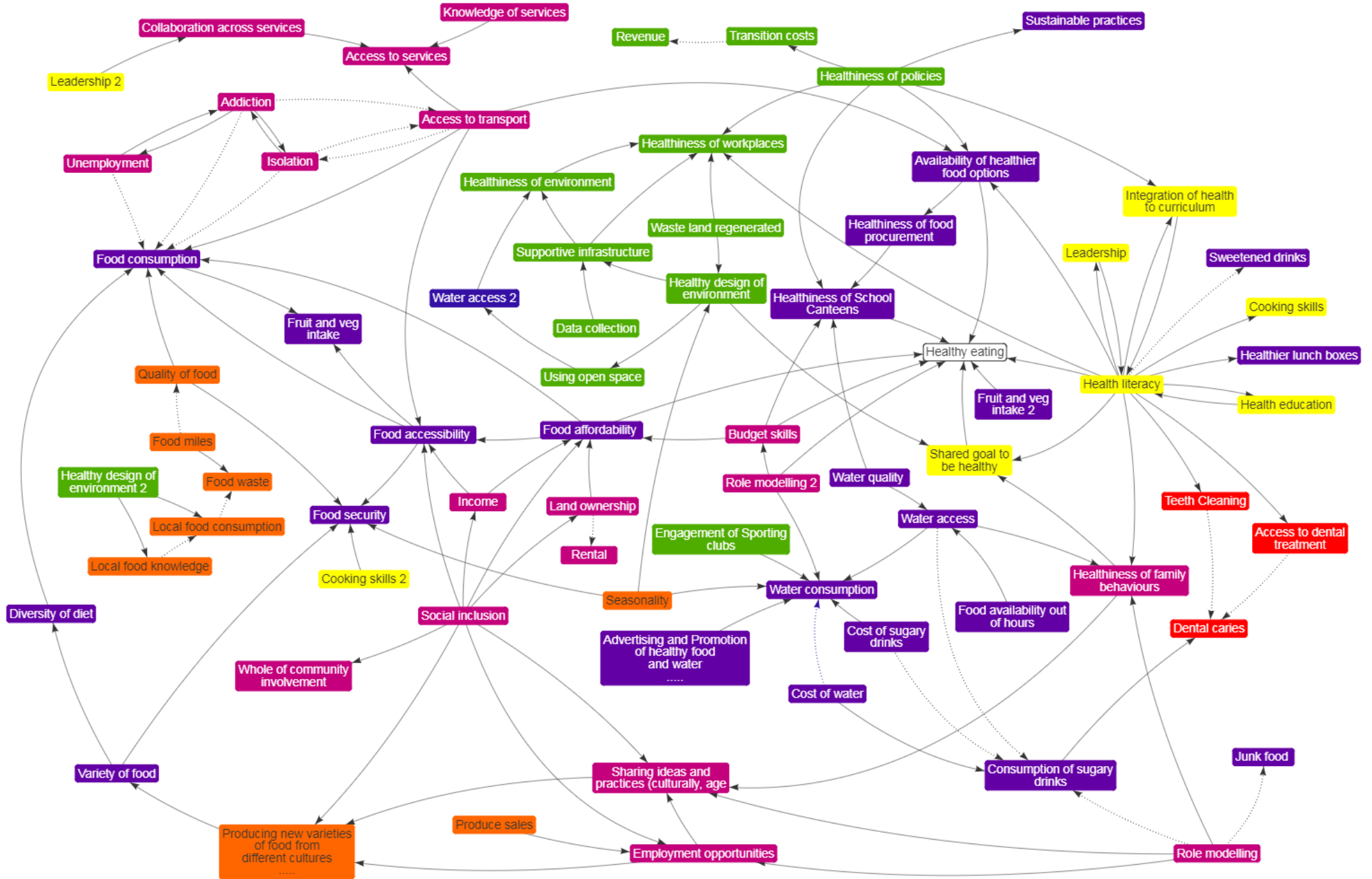


G21 Healthy Eating Map – 18/05/2017



Explanation Note:

This map illustrates the activity that occurs by multi-agencies across the G21 Region. It is a point in time based on participation in a workshop held on 18th May 2017.

The maps will be used to assist in the development of a joined up plan by multi-agencies who share the common agenda of Healthier Eating & Active Living.

How to read the map:

Each label on the map represents a factor, nominated by the workshop participants, as a driver of healthy eating or active living in the G21 area.

The arrows connecting the factors represent causal relationships, explaining how these factors influence one another.

The arrows describe two types of relationship – for example:

A **solid arrow** means that the first factor causes the second factor to **change in the same direction**.



As desire for junk food goes up – purchasing junk food goes up OR as desire goes down – purchasing goes down.

A **dashed arrow** means that the first factor causes the second factor to **change in the opposite direction**.



Some factors on the map have a number “2” after their name – i.e. “Fruit and veg intake 2” in the centre-right of the map. These are copies of factors listed elsewhere on the map (in this case the original “Fruit and veg intake” is located on the centre-left). This is a shortcut used to minimise visual clutter, and crossover of arrows on the map. Any arrow that applies to the copy applies to the original as well.

Themes:

The factors in the map have been classified into a number of categories that show the prominent themes in the factors that participants identified. The themes have been colour coded as follows:

Social Determinants of Health

Local Food Production

Health Education

Food Access

Food Environment

Oral Health

Healthy Eating Actions:

Below is the full list of actions impacting Healthy Eating discussed by the workshop participants, classified by the themes from the map.

Local Food Production

- Monthly accredited Farmers Market promoting fresh produce and local production
- Provision of ad hoc support to Port Produce, a local fresh fruit and vegetable market in Portarlington.
- Development of a vegetable garden which allows participants to take home fresh vegetables each week
- Support of "food initiatives" through council grant programs, eg: Real Food Festival
- Edible planting at Council Community Centres
- Community Meals Programs
- Provide support to St. Leonards and Portarlington Food Swaps, food swap programs giving people a chance to come and share their home grown food.
- Colac Community Garden
- Northern Community Hub- Community Garden
- Eat Local Month annually, events that celebrate the diversity and quality of food in our region
- Stephanie Alexander Kitchen garden promoted through local schools

Health Education

- Connecting Diabetes Educator with groups (at their requests) to discuss healthy food choices
- Men's/Community Kitchens
- Support Community Kitchens, particularly focussing on socioeconomically disadvantaged, socially isolated and diverse communities
- Sexual & Reproductive Health- working with Grade 5/6 students and building capacity with the teaching staff- guided by "Catching on Early" (Department of Education and Early Development). Components of the program discuss healthy eating.
- Colac Otway Food Access and Support Guide
- Colac Otway Local Catering Guide
- Social media, website, and collateral
- Children's Network PD facilitation
- FoodMate Program
- Participation in healthy cooking classes and education
- Healthy cooking classes- café style support program for older adults
- Planning work done for food co-op and healthy eating classes in Anglesea
- Winchelsea Health Club- "No Sugar Thanks Challenge" launched with a screening of the movie "That Sugar Film"
- New sport and community facilities provision includes consideration of alcohol education and training

Food Access

- Emergency Food Relief Network
- Development and support of two ongoing community driven Food Networks (North & South)
- Colac and District Community Foodshare Program
- Supporting schools with purchase of fruit during walk to school and other grant programs
- Council partnered in the development of a Foodshare facility in Colac to provide nutritious food for vulnerable people within the local community
- Session on understanding food sensitive planning and urban design
- Food is Free tables
- VicHealth funded Water Nudge projects with clubs/leagues/facilities- aiming to reduce consumption of SSB's, working with 3x sporting clubs and 3x facilities until September
- H2Only Schools: water only permitted at school with four "exception" days
- Vic Health H3O Marketing Campaign
- Removal of sugary drinks from Barwon Health owned & managed facilities

- Removal of sugary drinks, fried food, and vending machines from health service
- Provide support to Portarlinton Food Assistance Program, a food relief and emergency food program that assists individuals and families facing or at risk of food insecurity.
- Wholefoods Café and pantry

Food Environment

- Annual collection of local data for Market Basket Surveys
- Access to allied services such as Diabetes Educator/Dietitian
- Healthy Eating Advisory Service
- Healthy Choice Guidelines in Council venues
- Achievement Program
- Healthier Food + Beverages in clubs
- Schools canteen assessments (21)
- Data collection (purchase) and analysis
- Victorian Healthy Food Basket Survey

- Friday Cultural meals program
- Healthy eating programs in schools
- Delivered meals agreement with Community Chef to ensure nutritious and healthy meals

- Food and nutrition policy
- Council Food Policy
- Financial support via community grants/subsidised leases for community organisations
- Renovations and upgrade to facilities, resulting in kitchens expanding the variety of healthy foods offered
- Nutrition and Healthy Eating policy in place for early years services
- Partnering with Leisure Networks to implement the Good Sports program and responsible service of alcohol education and training

Social Determinants of Health

NOTE: There are no activities listed in this category - Some of the activities listed in the other themes can be considered to be Social Determinants of Health. In this document those activities have been chosen to align with another more specific theme.

Oral Health

- Wide Smiles dental program: oral health promotion and screening
- Smiles 4 Miles Program

- Kinder Kapers Program

The following are activities raised that don't easily align with a relevant theme

- Chair the Regional Food System Alliance, an alliance represented by stakeholders within G21 region, to provide direction in best practice approaches to sustainable food system for the region
- Municipal Health and Wellbeing Planning
- Partnerships with regional stakeholders, Eg Sugar Sweetened Beverages.
- Regional/State network participation
- Regional Food Systems Alliance

- Preventing Childhood Obesity Project
- Municipal Health and Wellbeing Planning
- Municipal Health and Wellbeing Planning
- Integrated Health Promotion Plan
- Participation in Regional Food Alliance
- Participating in the Food Network Group- GPS