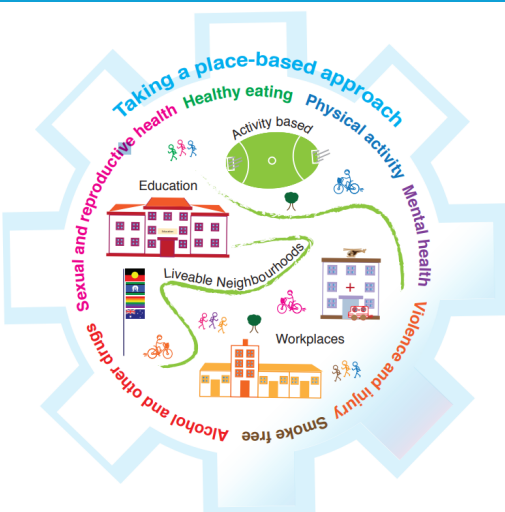


# PENINSULA HEALTH 2017-2021

## Health Promotion Strategic Prevention Plan: Key Achievements



### What is Health Promotion?

Health Promotion works in **Primary Prevention** and aims to promote the health and wellbeing of the whole community by taking action when people are still healthy and well, before there is any evidence of disease or injury.

Peninsula Health - Health Promotion Team works across Frankston and the Mornington Peninsula to make healthy choices easy in the places where people live, learn, work and play.

### Health Priority Areas

The Plan focused on improving the following health priorities in alignment with the Victorian Public Health and Wellbeing Plan and Department of Health funding requirements:

#### Key Focus Areas:

Increase Healthy Eating



Reduce Tobacco Related Harm



#### Other Focus Areas

Prevent Violence and Injury

Reduce Harmful Alcohol and Drug Use

Improve Sexual and Reproductive health

Improve Mental Health

Active Living

### Settings

Interventions and actions aimed to reach people across the life course were delivered within four key settings:

1. Education (schools and early years services)
2. Workplaces (Peninsula Health and local government)
3. Activity Based (leisure centres and sporting clubs)
4. Liveable neighbourhoods

### Target Groups

Some select actions also targeted the health and wellbeing of Aboriginal and Torres Strait Islander and LGBTIQ+ communities.



For more information, and for the full report, please contact:  
[healthpromotion@phcn.vic.gov.au](mailto:healthpromotion@phcn.vic.gov.au)

# KEY ACHIEVEMENTS



## The Community Plate

Collective impact approach to healthy eating

### Key Highlights

May 2018	Leadership Group Formation
Oct 2018	Collective Identity Development
Oct 2019	Official Launch
May 2020	Community Aspiration Developed
Mid 2020	Social Marketing Campaign Grant
Mid 2021	Action Groups Launch



<http://www.communityplate.org.au>  
[@the\\_community\\_plate](https://www.facebook.com/communityplate)



## Education

Supported Schools and Early Years Services to create health promoting environments through implementation of:

### Achievement Program

Number of Schools and Early Years who have achieved Health Priority Areas:



### 24 Schools

Participated in the Student Health Ambassador Project.

## Leisure Centres



## Activity Based

## Sporting Clubs

### 16 Healthy Eating Nudge Trials

conducted across 5 leisure centres

**-29% RED** change in  
**+20% AMBER** products across  
**+9% GREEN** the 5 centres



**5 leisure centres**  
 became 100% smoke free

### Inclusion

**1/9 (11%)**

clubs implemented the LGBTIQ inclusion framework in its entirety

**2/8 (20%)**

clubs implemented the Aboriginal inclusion framework in its entirety



### Smoke Free

**2/3 (66%)**

became 100% smoke free

**2/4 (50%)**

became smoke free with a designated smoking area



Peninsula Health

HEALTH PROMOTION

# KEY ACHIEVEMENTS



## Workplaces

### Peninsula Health - Healthy Vending

Healthy Eating policy endorsed in July 2020. From 2020 all drinks vending machines complied with the Healthy Choices Guidelines.



### Smoke Free P.A system trial at Frankston Hospital

Trial conducted in 2019 broadcasting smoke free messages. A statistically significant reduction in smoking was observed.

### Frankston Council Youth Services

A Healthy Choices Procedure was endorsed and implemented. Youth Service catering now has <20% red and >50% green products.



### Best Bites

6/8 achieved the new criteria in 2021 for Healthy Eating  
7/8 achieved the new criteria in 2021 for Smoke Free Dining



## Liveable Neighbourhoods

### Feed Happiness

In partnership with Monash Health Community, Enliven and SMRPCP co-lead the delivery of a Social Media Campaign to promote the links between healthy eating and optimal mental health.



### Healthy Eating in Frankston City

Worked with 13 food retailers in Frankston City Council to improve healthier options on menus.

### Food Distribution Project

Ran a first ever South East Food and Drink Expo in Sep 2019 with Monash Health. 31 people attended & 10 distribution company held stalls. 64% reported learning what green/ amber options were available locally.



### MPS Smoke Free Policy

Adopted by the Mornington Peninsula Shire in Nov 2019. Roll out will see 554,680m2 of smoke free area created.



Peninsula  
Health

HEALTH PROMOTION