

APPENDIX 2

CASE STUDIES

Community Health, Health Promotion Report 2023-2024

Physical Activity And Active Recreation Workshop

Our Healthy Sports Clubs team facilitated two engaging workshops to promote inclusive and accessible environments within sports clubs and associations across the Cardinia Shire Council, the City of Casey, and the City of Greater Dandenong.

The first workshop, the Physical Activity & Active Recreation Workshop, occurred on 22 April 2024. Participants delved into innovative strategies to increase club engagement and membership. The workshop centered on the 'Doing Sport Differently' principles, which encourage clubs to create more inclusive and active opportunities for all members. Clubs worked through practical activities with valuable resources, including a physical activity and active recreation policy template and a 'welcome procedure checklist.' The tools helped clubs implement structured approaches to increase overall participation.

Following this, the Fair Access: Inclusion of Women and Girls Forum held on 6 May 2024 focused on the critical aspects of gender equity in sports, providing clubs with knowledge on improving the inclusion of women and girls through utilising the state government's Fair Access Policy. Expert speakers from Womens Health in the South East (WHISE), Change Our Game, and we shared their insights on making equitable changes and meeting the requirements under the Fair Access Policy.

Clubs received guidance on obtaining one-on-one support to serve the women and girls at their club and foster an environment where everyone can thrive.

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Movement Workshop For Early Years Services

On 26 October 2023, we held an online workshop hosted by Robyn Papworth, an Exercise Physiologist and Master's qualified Developmental Educator, to capacity-build early years educators on physical literacy.

This workshop supported early years services in meeting benchmarks for the Physical Activity and Movement Health Priority Area of The Achievement Program.

This workshop focused on:

- Supporting children's emotional and self-regulation with movement and play strategies.
- Overcoming play difficulties to engage children who express disinterest in active play.
- Enhancing children's learning and development through sensory play.
- Robyn advised that self-regulation is a skill that we learn through practice. Robyn shared practical strategies and activities that educators/teachers could return to their services and implement immediately to support children's learning.
- Forty-one early years educators attended the session, and 100% of survey respondents reported that it increased their knowledge of meeting the physical activity guidelines. 100% of survey respondents agreed that their physical literacy knowledge and the importance of movement activities incorporated across early years services increased.

Learnings from this workshop will reach at least 1,493 children from these early years services, with 100% of survey respondents agreeing to use the information presented in their work.

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Principals' Health and Wellbeing Breakfast Forum

To engage school leaders, our Health Promotion team, the Healthy Kids Advisors Initiative and Kooweerup Regional Health Service partnered to deliver an in-person Principals' Health and Wellbeing Breakfast Forum in August 2023.

The event focused on healthy eating, and physical activity and movement. It included a free nutritious breakfast, networking and presentations from a diverse range of school health and wellbeing programs and providers, offering a rich and varied perspective on the topic. The event presenters included Foodbank's School Breakfast Clubs Program, Stephanie Alexander Kitchen Garden Program, Vic Kids Eat Well, ACHPER/Active Schools, Bicycle Network, AFL Victoria, Melbourne City Football Club and Respectful Relationships, each bringing their unique expertise and insights to the table.

Our team provided an overview of the Achievement Program and local support. Twenty-two schools participated in the event, and all survey respondents found it useful.



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Healthy Sponsorship Project

Our Healthy Sports Clubs team observed that over many years, several sponsors at local community sports clubs have come from harmful industries (e.g. gambling, alcohol, and unhealthy food). As such, investigating a project on 'Healthy Sponsorships' was added to the 2023-2024 Community Health Health Promotion Plan.

We developed a placement project on this topic, and two students from Deakin University conducted a literature review, stakeholder interviews, a community survey and a co-design workshop with sports clubs before creating a project proposal based on their findings.

The research found that community members thought local small businesses were acceptable as sponsors as they supported the local economy and didn't feel they had the brand power to influence children negatively; these were deemed 'neutral' sponsors. However, large corporate businesses were seen as having a negative impact and could affect a child's decision-making process.

The project has been approved for the 2024 to 2025 financial year to partner with three local councils. The purpose of this project is to support local sports clubs in (1) seeking out and accepting neutral and/or healthy sponsorships and (2) building clubs' capacity to shift away from (reduce their reliance on/reject) sponsors from harmful industries.

Healthy Eating Outside School Care (OSHC) Incursions In Cardinia Shire

Our Health Promotion team offered free healthy eating incursions to OSHC services in the Cardinia Shire, an area experiencing low engagement in Vic Kids Eat Well (VKEW). We provided services with low-cost healthy eating activities such as making apple slinkies, fruit face plates or Apple Three Way activity.

The most popular activity selected was the mystery box fruit challenge, which ended with fruit tasting. Students and staff enjoyed guessing the names of the hidden fruit and tasting it, with dragon fruit being the highlight.

The visit also enabled the completion of VKEW baseline assessments and the discussion of menu provisions and alternate options. Services were provided with an activity pack to support the curriculum.

The incursions provided healthy eating education to 61 primary school-aged children across four services, including a specialist school that completed Advanced Standing in VKEW for its excellent menu provision.

This offering proved a successful way to engage services that had not previously been registered or progressing with VKEW and support their continued work through VKEW.

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Nutrition Training

Eight nutrition education sessions were delivered for 140 participants, covering topics ranging from fussy eating in children in the early years to nutrition for sports clubs.

Feedback from settings on the training sessions included:

- "Learned new strategies to support our service. The session was so useful and detailed."

The following are comments from attendees in their own words.

1. As a result of attending Monash Health's Nutrition workshop, I will:
 - "Look at the options we currently stock and start making small changes."
 - "Try different strategies presented around fussy eating."
2. Of the health promotion staff that had sessions delivered for them in the financial year:
 - 100% reported that staff/volunteers were more knowledgeable in the area of training.
 - 100% reported the training reinforced messages they had been giving settings.
 - 75% reported setting staff/volunteers more confident in the area of training.
 - 75% reported they had a better relationship with the setting due to the training.
3. The most significant change:
 - "After delivering a (nutrition education) session and an individual menu planning session, I have seen at least two early years services make permanent changes to their menu based on the advice received. Changes include offering milk for morning tea, removing jam from their menu, including Greek yoghurt, and staff reviewing the menu to ensure they meet the correct number of serves and variety of proteins for children."

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Share your story!

If you're an educator concerned about youth vaping and smoking, we want to hear from you!



A QuitVic And Monash Health Collaboration

In 2023/24, we partnered with Quit Victoria and storytelling agency Humankind Enterprises to collect stories to support anti-smoking and anti-vaping communications and behaviour change, expanding the stories available on the [Quit Stories Hub](#).

Quit conducted a localised storytelling approach to find, collect, and curate stories that would impact our integrated health promotion catchment area and the broader online audience accessing the Quit Stories Hub. We were among four South Eastern partners chosen based on strong ties to Quit and smoking prevalence rates in the local community.

Our Health Promotion team has a growing reach and subscribers to our regular quarterly and monthly electronic newsletters and professional networks we lead and support. We amplified the campaign through our communication channels:

- Our quarterly Health Promotion electronic newsletters reach over 1,200 subscribers with a high open rate.
- We distribute monthly electronic newsletters to local schools and Outside School Hours Care, sporting clubs, early years services, and alternative leisure settings operating within the Cardinia Shire Council, the City of Casey, and the City of Greater Dandenong, reporting high open rates.
- Promotion of campaigns on our Health Promotion webpage and various networks.
- Promotion of the campaigns via our employee Wellbeing Champions emails (150 subscribers).

Employees, health professionals, and community members were invited to express their interest in sharing their stories or relevant perspectives on smoking and vaping.

Participants consented to engage in the stories, and Humankind Enterprises edited interviews into 3–5-minute videos. Three videos were created by:

- Dr Robert Roseby, Pediatric Respiratory Physician, Monash Health.
- Kayla Wilson, Environmental Health Officer, City of Casey.
- Year 11 students from Lyndhurst Secondary College.

To learn more about our inspiring stories, visit our Health Promotion [Smoke and Vape-Free | Monash Health](#) webpage.

