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Healthy Together Victoria: The policy and practice of systems

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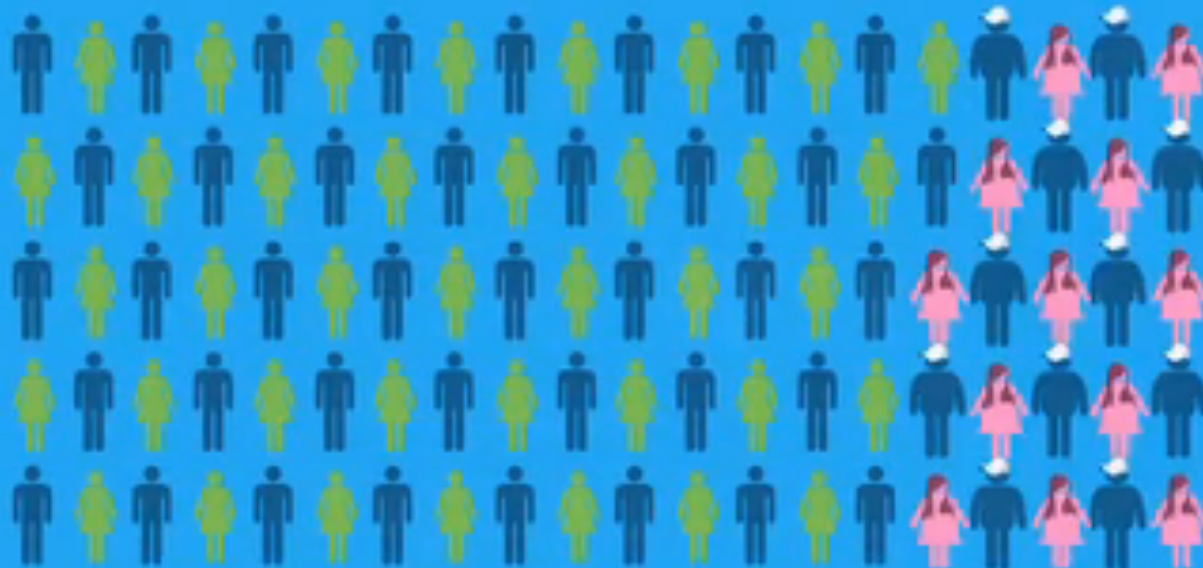
1. The Victorian context
2. What is [Healthy Together Victoria](#)?
3. Healthy Children – a systems approach in practice
4. The [Healthy Together Achievement Program](#)
5. How to achieve quality implementation at scale?

1. The context

62% of Victorians are now
overweight or obese



and now, almost 1 in 4 of our
children are also overweight or obese



Only 1 in 3 children eat enough
fruit and vegetables...



And 60% get enough
physical activity



Healthy Together Victoria aims to address chronic preventable disease by ...

- slowing the growth rate of children and adults at unhealthy weight
- increasing the mean number of daily serves of fruit and vegetables among children and adults
- increasing the proportion of children and adults doing moderate physical activity
- reducing adult daily smoking

2. What is Healthy Together Victoria?

Healthy Together Victoria is a complex systems approach to prevention, at scale, and at multiple levels of the system, to impact on population health outcomes.

A photograph showing a diverse group of people, including children and adults, gathered outdoors. A young girl in a pink dress and a checkered hat is holding a small potted plant. Other people are looking on, some smiling. The background shows a brick building and a fence.

“The systems approach is a new and more complex way to reduce obesity, but ultimately it promises to be more sustainable and effective.”

B. Swinburn and A. Wood (2013) Progress on obesity prevention over 20 years in Australia and New Zealand in *Obesity Reviews*, 14/2, p60-68.

Healthy Together Victoria is...

A state-wide quality framework, monitoring system, supportive infrastructure, and policy framework

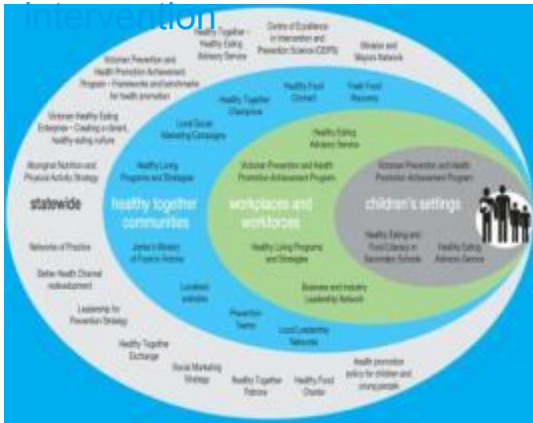
A photograph of a woman and a young man smiling. The woman is on the left, wearing a white top and a grey cardigan. The young man is on the right, wearing glasses and a plaid shirt. They are outdoors, with a blurred background of trees and a building.

A complex community level intervention - a randomised controlled trial involving 14 local government areas across Victoria.

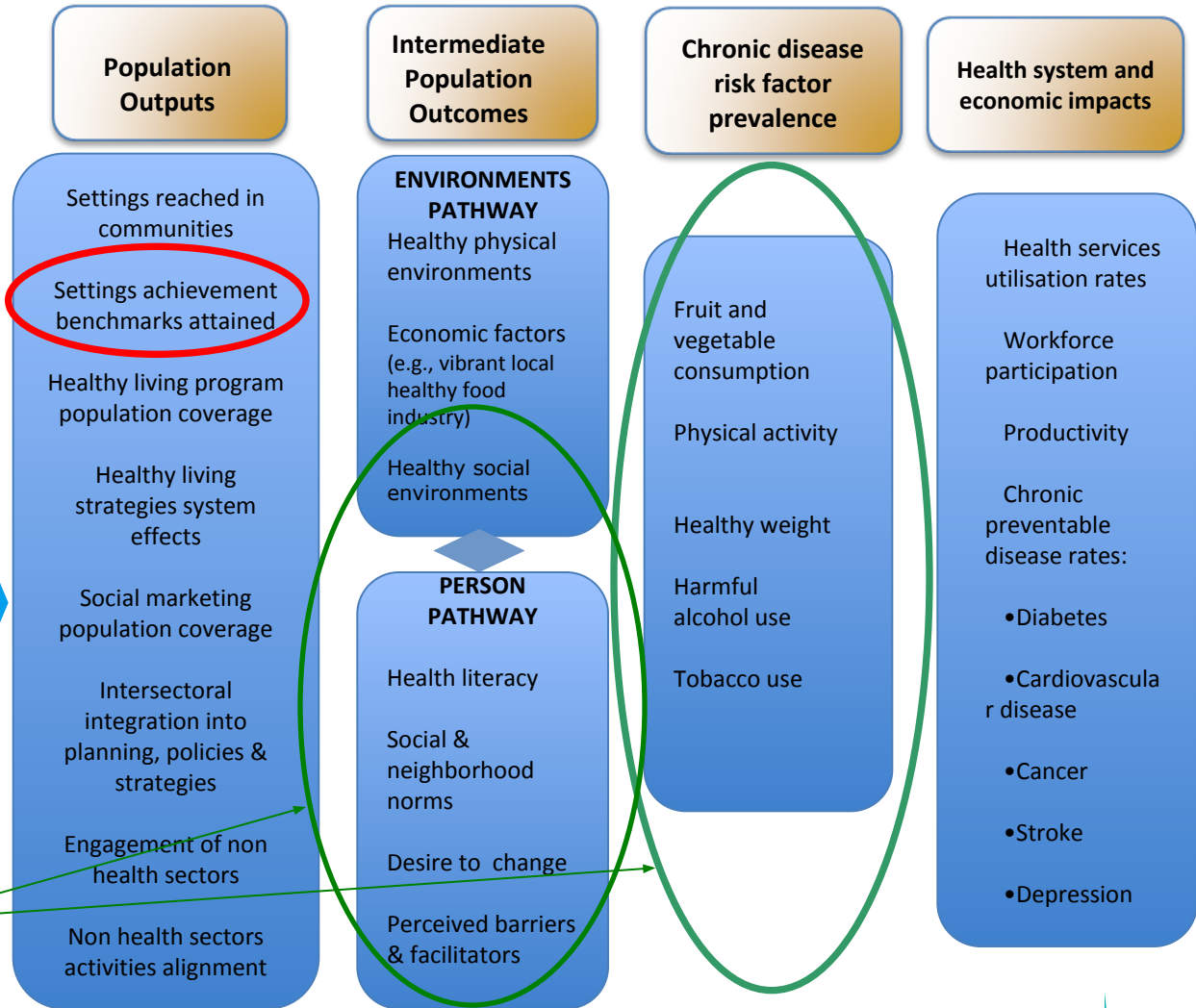
How are we measuring this?

Achievement Program

System's Intervention



CATI'S



Time and uncontrolled pressures (e.g. unhealthy food advertising, food pricing)

Healthy Together Victoria is guided by six further principles

1. Implementation at scale

Strategies are delivered at a scale that impacts the health and wellbeing of large number of the population in the places where they spend their time – in education settings, workplaces and communities.



2. Collaboration for collective impact

Long-term commitment is required by multiple partners, from different sectors, and at multiple levels, to generate greater collective impact on the health of all Victorians. Knowledge is co-created and interventions co-produced supported by a shared measurement system, mutually reinforcing activities, ongoing communication and a 'backbone' support organisation.

3. Adaptation

Strengthening the prevention system requires constant reflection, learning and adaptation to ensure strategies are timely, relevant and sustainable.



4. Experimentation

Small-scale experiments provide insight into the most effective interventions to address chronic disease. These experiments are underpinned by evidence and experience, monitored and designed to be amplified across the system if they prove effective.



5. Leadership

Leadership is supported at all levels of the prevention effort including senior managers, elected officials and health champions in our schools, businesses, workplaces, sporting clubs and communities.



6. Equity

Health equity is the attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally, with focussed and ongoing efforts to address avoidable inequalities. Within HTV this means making healthy choices the more physically, financially and socially desirable choice compared to the less healthy options.

3. Healthy children – a systems approach in practice

Healthy children – a systems approach

**Collaboration for
collective impact**
Cross government
DEECD / DH

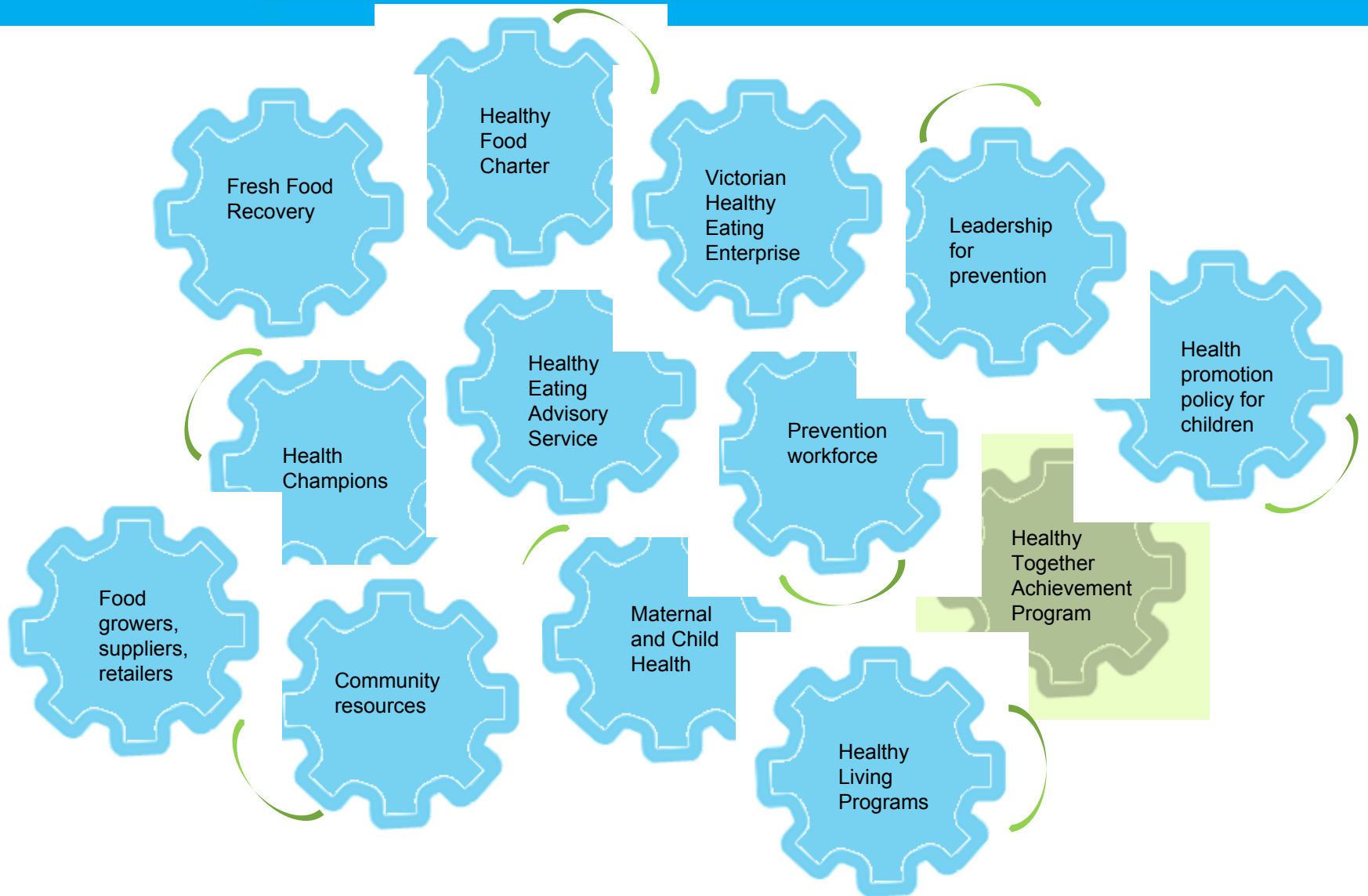
**Complementary
objectives, mutual
benefits**

**Leadership
Political support**

**Education sector
as a system**
e.g. early childhood
services, schools,
supportive services

**Reflective and
adaptive**





4. Healthy Together Achievement Program

The Achievement Program is...

Creating healthy environments for learning and working
Supporting early childhood services, schools and workplaces



Quality framework for the prevention system

Quality framework and benchmarks guide good practice health promotion

Creating healthy environments for learning and working

- Evidence-informed **quality framework and benchmarks** guide good practice health promotion
- **Aligns with** accountability, learning and development frameworks
- Dynamic and **adaptable**



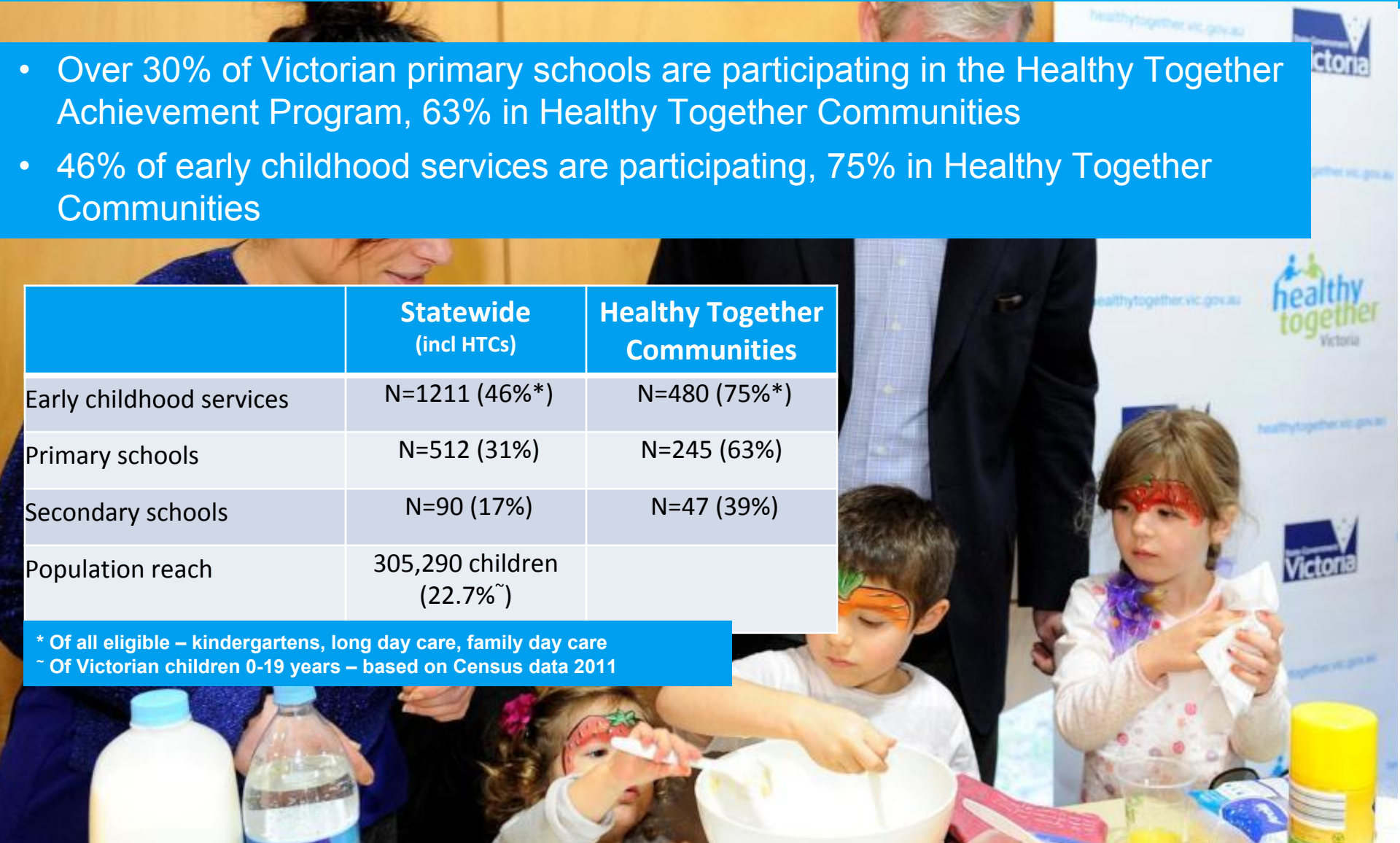
5. How to achieve quality implementation at scale?

Reaching scale

- Over 30% of Victorian primary schools are participating in the Healthy Together Achievement Program, 63% in Healthy Together Communities
- 46% of early childhood services are participating, 75% in Healthy Together Communities

	Statewide (incl HTCs)	Healthy Together Communities
Early childhood services	N=1211 (46%*)	N=480 (75%*)
Primary schools	N=512 (31%)	N=245 (63%)
Secondary schools	N=90 (17%)	N=47 (39%)
Population reach	305,290 children (22.7%~)	

* Of all eligible – kindergartens, long day care, family day care
 ~ Of Victorian children 0-19 years – based on Census data 2011



Ensuring quality



- Quality framework and benchmarks informed by evidence-based models and developed by experts in field
- Framework aligned with setting's quality improvement processes
- Workforce capacity building & phone/email support to settings
- System feedback loops
- Continual reflection and adaption

Implementation challenges



- Reach at the expense of depth?
- Progression through quality cycle slower than expected
- Equity

Further information



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