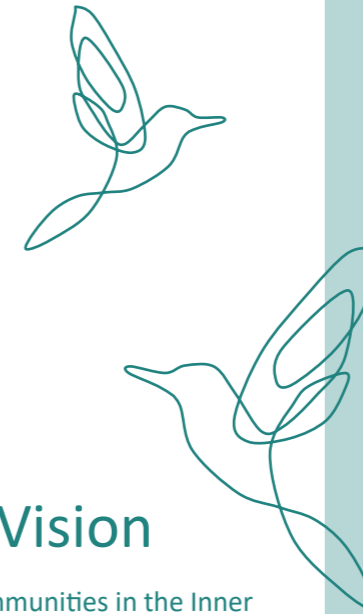


Connected, active & healthier

A partnership approach to *Community Health—Health Promotion Strategic Plan 2021-2025 for Inner East Melbourne.*



Connected, active and healthier is the Inner East’s commitment to improve the health and wellbeing of our local community. Together, Access Health and Community, healthAbility, Link Health and Community and Women’s Health East will apply a place-based, systems thinking approach to our practice. We seek to explore and address the social determinants that contribute to health inequities.

Over the next four years, we will continue to build our workforce, partners and places capacity in health promotion and prevention. Such skills, enhance our ability to continue to explore and work in a way that reflects our local community, equity and the complex nature of prevention. Local, collaborative action and meaningful reflections and learnings create long term sustainable change that improves health and wellbeing for our whole community.

The Partnership

We collaboratively lead prevention through partnerships. The Inner East Integrated Health Promotion Partnership (The Partnership) unites community health and women’s health to provide strategic leadership for health promotion in Melbourne’s inner east and amplify outcomes through integration of efforts and resources. *The Partnership* operates across Boorondara, Manningham, Monash and Whitehorse. We thank the Inner East Primary Care Partnership for their support in planning, consultation and reviewing this statement and plan.

Our relationships with local government, partners and communities strengthen our initiatives. Collectively we create stronger, sustainable change.

Our Local Health & Wellbeing Vision

Primary prevention creates healthy, sustainable and inclusive communities in the Inner East. As a collective partnership, place-based systems thinking approaches develop innovative, dynamic and equitable local solutions that create opportunities for large scale change.

A place-based approach

Places we live, learn, work, connect and play are platforms for change. In alignment to the *Victorian Public Health and Wellbeing Plan*, place-based approaches mobilise places and partners to collectively improve health and wellbeing. Actions address the determinants of health to create system change. Places direct action towards priorities. New and emerging places encourages us to respond to change.



Principles of Prevention Practice

Informed by the *Community Health—Health Promotion Draft Program Guidelines 2021-25* and adapted to reflect local context, everyday primary prevention practice is guided by the following principles and values.

INNOVATE, REFLECT & ADAPT	PARTNERSHIPS & ENGAGEMENT	EQUITY & FAIRNESS	SYSTEMS PRACTICE	WHOLE OF SETTING	PREVENTION AT SCALE	INTERSECTIONALITY	LEADERSHIP AT EVERY LEVEL	EVIDENCE INFORMED PRACTICE
A culture of innovate, reflect and adapt is embedded. We experiment and collectively learn in the process.	Partnerships are core to everything we do. Partners, local voices and those with lived experience help build knowledge and guide action. Together we act.	Everyone has fair and equal opportunities to attain their health potential. Informed by a determinants approach, we address health and social inequities. Voices of community are elevated and heard.	Systems practice guides understanding of the complex environment, levers and connections. Interventions are mutually reinforcing; coordinated and connected to mobilising multiple parts of the	Change is embedded across the whole setting for sustainability. Actions can include policy through to capacity building. Our settings are context experts and their ownership drives change.	Our local efforts have line of sight to system and environmental change. Such changes contribute to population health and wellbeing outcomes.	We recognise intersecting systems of privilege and oppression that impact the determinants of health and commit to advancing gender equality through a gender lens across our work. We act on climate change with a lens applied	We are committed to primary prevention leadership and advocacy at all levels. Through partnerships and capacity building, we support organisations, places and communities to drive population	Practice is informed by theory and the best available evidence. We contribute to the evidence base through sound and timely evaluations and learnings.

Outcomes

Our Community Health—Health Promotion 2021-2025 Strategy and complimentary action plans are outcomes focused. With a clear line of sight, local system change contributes to population health and wellbeing outcomes.

In the long term we align and contribute to population, state-wide outcomes ...

VICTORIAN PUBLIC HEALTH & WELLBEING PLAN	<ul style="list-style-type: none"> Tackling climate change and its impact on health Increasing healthy eating and active living Improving mental wellbeing Preventing all forms of violence Reducing harmful alcohol and drug use
SAFE & STRONG	<ul style="list-style-type: none"> Victorians live free from gendered norms, stereotypes and expectations Victorians are empowered, healthy, safe and strong As Victorians, we value and champion gender equality
LOCAL PLANS	<p>MUNICIPAL HEALTH & WELLBEING PLANS:</p> <ul style="list-style-type: none"> Monash, Whitehorse, Manningham, Boroondara <p>TOGETHER FOR EQUALITY & RESPECT</p>
VICTORIAN OUTCOME FRAMEWORK	<ul style="list-style-type: none"> Increase mental wellbeing, healthy eating and active living Reduce overweight and obesity Reduce harmful alcohol and drug use Increase neighbourhood liveability Reduce prevalence and impact of family violence Increase adaption to the impacts of climate change

By achieving change in the medium term, we expect to see system change outcomes ...

CONTEXT	System complexity is understood. The system is prepared and mobilised for change.
POLICY & COMMITMENT	Commitments to prevention and healthy change are formalised.
COMPONENTS	Initiatives and resources are coordinated and mutually reinforcing across the system.
PARTNERSHIPS	Partnerships and linkages are developed and strengthened across the system.
FOUNDATIONS	Resource, assets and supports are committed to strengthen prevention and workforce

We do this by ...

ANNUAL ACTION PLANS	Integrated annual action plans detail the places we are intervening within, our goals, objectives, interventions and partners. We commit to demonstrating how interventions contribute to system change and documenting <i>change over time</i> for the four years.
Lens	Action plans are layered with both a gender equity and climate change lens across all interventions.



Supported by:

