

Inspiro Health

Health Promotion Report 2024 - 2025

During this year 2024-25, Inspiro Health merged with Access Health and Community (on 1 May 2025). AccessHC, branded as Inspiro Health, continues to deliver non-profit community health services for the Yarra Ranges community from the Lilydale and Belgrave sites. This report includes the work led by the AccessHC/Inspiro Health Promotion team, before and after the merger. The Health Promotion team work together with the community and services to build and strengthen resilience, health and equity while working collaboratively across organisations and disciplines to achieve the best possible health outcomes for our community.

Our Health Promotion work is across four main settings being Schools, Early Learning Centres, Community and Workplace and our programs and staffing focus 90% of work in the main priority areas of Healthy Eating, Active Living and Tobacco prevention.

Priorities

90%

10%



Healthy Eating
35%

- Smiles 4 Miles
- Cooks Connect
- Catering for Good
- State Policy Directive
- Resilient Food Systems Partnerships and Programs: Yarra Ranges Food Connection, Outer East Food Strategy, Mooroolbark Food Systems.
- Everybody in Every School
- INFANT program
- VKEW/AP
- Paddock to Plate
- NEPHU



Active Living
40%

- MM4M
- Step & Connect
- Sport for All Gender Inclusive toolkit.
- Active Recreation Network: Active April, This Girl Can, Healthy Active and Ageing.
- Get Active Yarra Ranges
- My Yarra Ranges: Walk to School
- Achievement Program Workplace



Tobacco Prevention
15%

- Workplace Health
- Young Leaders - Vaping Prevention
- Vaping Prevention - Schools



Preventing Violence against Women
5%

- Gender Equity Lens
- Young Leaders - Gender Equity
- 16 Days of Activism



Mental Health Wellbeing
5%

- MM4M Co-Benefits
- Upper Yarra Partnership
- Outer East School Wellbeing days

Numbers

14 schools
participated in our programs
another 12 downloaded EBES

32
Early Learning Centres
registered for S4M

3332 children & youth
directly impacted or
participated in our programs

2678
community members
directly involved in a
program or survey

5
Policies reviewed
covering 16 ELC

An overall reach of over 16,000 community members with an additional 9396 viewing resources and blogs

Executive Summary

Our Health Promotion team is proud to present our 2021-25 strategic report and 2024-25 annual report. This report will demonstrate the outcomes and impact we've achieved over one year against annual measures and targets, as well as the cumulative impact and reach over four years, including highlights, learnings and case studies.

Over the past four years, we have continued to implement a settings-based approach to improve community wellbeing in the Yarra Ranges, focusing on Healthy Eating, Physical Activity, and Tobacco and E-Cigarettes. Our work is grounded in Health Promotion principles, and we embed mental health, climate consciousness, and gender equity across all programs. Through strategic partnerships, train-the-trainer models, and community engagement and co-design, we deliver scalable and sustainable initiatives that address local needs and priorities.

Partnerships remain critical. We collaborated with local government, community health services, peak bodies (Oral Health Victoria, National Nutrition Foundation, VicHealth), education providers and local community groups to co-design and deliver programs. Partnerships with universities provided valuable student placements, enriching both project quality and workforce capacity.

Alignment with compulsory standards significantly improved early childhood and school engagement (e.g., S4M and MM4M). Initiatives that have no policy mandate or compulsory guidelines or framework, especially in healthy eating, face persistent barriers like competing priorities and lack of staff time, even with financial and logistical support.

Grant funding continues to support project delivery, enabling programs to be tailored to meet community need, support professional media production, incentives for participation, and CRT cover for schools—but applications remain time-intensive and not always successful.

Evaluation is central to our approach, with increased formal evaluation partnerships helping us build an evidence base for scalable, state-aligned programs.

Community consultation and engagement is a core component of developing, implementing and evaluating our initiatives, however our approach must evolve to ensure reach into priority populations. Learnings from projects like **I Am Local** and **Step and Connect** will guide future engagement timelines and strategies.

In the final year of this four-year strategic cycle, Inspiro merged with Access Health and Community. The Health Promotion team welcomes the opportunity to combine and share expertise and experience to strengthen our practice, whilst acknowledging the strength and resilience within the team during significant change.

In the next strategic cycle, Inspiro will be part of Access Health and Community, and the Health Promotion team is looking forward to being part of an Eastern Metropolitan Region Strategic Plan to work collectively to improve population health across the region. Our actions will integrate into The Partnership's 2025-26 Annual Action Plan to deliver Community Health-Health Promotion across Boroondara, Manningham, Monash, Whitehorse and the Yarra Ranges.

We would like to thank the community, our partners, and in particular our team for their ongoing dedication over the last four years that have made these achievements possible. We are committed to continuing to serve the Yarra Ranges community and deliver programs that are community-led and responsive to local needs. As part of The Partnership, we will support coordinated action and systems change for greater equity, impact and scale.

Key Highlights from 2021-2025

Healthy eating

Our healthy eating work reached over **2,500 children, students, and families**, with a strong presence across **early learning centres, schools, and the wider community**.

- The **Smiles for Miles (S4M)** program expanded to **31 ELCs**, with **21 centres achieving awards**. In partnership with dental teams, **757 children** were screened.
- **17 ELCs** have registered for the **Achievement Program** and **11 achieved recognition** for Healthy Eating and Oral Health.
- A **Cooks Connect Network** was established in the Yarra Ranges. Following the merger with AccessHC, the sharing of learnings, resources and topics between the Cooks Networks in the Inner East and Yarra Ranges will enable this network to expand and grow more efficiently.
- The **INFANT** program launched after sustained advocacy, now running at one centre with support from MCH and community dietitians.
- Our **Paddock to Plate and Waste (PPW)** initiative reached **400 students**, promoting food system literacy and healthy eating through school-based education, community events, and professional media resources.
- The **Yarra Ranges Food Connections** partnership enabled advocacy leading to Council participation in the **Deakin University Local Food EPI**, helping shape local food system policy.
- Our team continues to actively promote and support schools with **Vic Kids Eat Well** and **Achievement Program**.
- We continue to support sport and recreation facilities to progress through the **Vic Kids Eat Well** program using **FoodChecker** to work towards achieving small bites.
- Our **Every Body in Every School (EBES)** toolkit addresses body image, healthy eating, and activity inclusively for all genders in educational settings.

Active living

We continued to support inclusive and accessible physical activity for all community members, with a particular focus on women, girls, and older adults.

- **Morning Move for Mind (MM4M)** engaged **375 students** across 4 schools via a train-the-trainer model involving **30 teachers**. The program expanded to 4 external health promotion teams and has undergone a **formal evaluation** through TROPHI (in partnership with Monash University and RACGP).
- **My Yarra Ranges: Walk to School** supported **175 students** from **2 schools** in a walk to school event. This initiative has learnings and opportunities to be expanded in to the Inner East.
- The **Step and Connect** initiative created 6 walking groups, with **104 women** regularly participating. A guide will be developed in consultation with participants, and champions will be identified to lead the walking groups ongoing.
- A variety of events and programming aligned with **This Girl Can**, **Active April**, and **Active Over 50s** engaged **766 community members** overall. Some of these activities included social walking groups, scavenger hunts, pop-up events for teenagers, 'Come and Try' Basketball, use of the facilities at participating local recreation centres and sessions on movement, nutrition and balance as we age.
- **Creating a Place for Women in Sport** evolved and transitioned into **Sport for All** to reflect new Fair Access Principles and Policy requirements. Combined these two programs engaged **61 sporting clubs** to complete a gender audit, develop and develop an action plan, including the review and development of a policy to align with Fair Access Principles.

Prevention of Tobacco and E-Cigarettes

In response to growing concern around youth vaping, we updated our school-based initiatives with current legislation and aligned them with existing evidence-based **vaping data, facts and resources**.

- We engaged **4 schools**, reaching **150 students and 53 teachers**.

PVAW

We continue to apply a gender lens to program design and implementation, promoting safe, inclusive environments and addressing systemic barriers to participation.

- In collaboration with FVREE, we delivered the **Young Leaders – Gender Equity** program across **32 schools**, engaging **225 students** in creating projects that reached over **8,450 peers**.

Healthy Eating 35%



Long Term Goal	To increase the consumption of healthy food and drinks, to reduce rates of diet-related diseases within the Yarra Ranges.
Objective 1	To increase awareness, skills and knowledge around healthy eating in the Yarra Ranges by June 2025.
Objective 2	To create healthy environments by improving the availability of and access to healthy food and drinks in the Yarra Ranges by June 2025.
Short Term Indicators (1 year)	Key Evaluation Findings
Smiles 4 Miles – note: this program runs on a calendar year	
Lead	
CHHP resources supported by external \$16481.16 (inc GST) Dental Health Services Victoria funding to deliver Smiles for Miles.	
Impact Indicators	Key Evaluation Findings
<ul style="list-style-type: none"> Increase in knowledge among early years employees around oral health and healthy eating. Increase in confidence among early years employees to create environments that support healthier lifestyles Increase opportunity and capacity for ELC to promote oral health 	<p>Increase in knowledge and awareness of healthy eating and oral health was measured by the pre and post training surveys.</p> <p><u>Knowledge of oral health</u> Pre survey: 2 (66%) good, 1 (33%) average. Post survey: 2 (66%) very good. 2 (33%) good.</p> <p><u>Confidence to implement Smiles 4 Miles</u> Pre training survey: 3 (100%) neither confident or confident Post survey: 2 (66%) very confident, 1 (33%) confident.</p>
Process Indicators	
<ul style="list-style-type: none"> Number of early childhood services signed up per year. Number of services that achieve Smiles 4 Miles awards. Positive changes in the early years environment are made -e.g. number of policies reviewed and endorsed, number of menu assessments completed, number of dental screenings. At least 2 new services from lower SEIFA areas (as per the ABS's Index of Relative Socio-economic Disadvantage) of Mooroolbark/Kilsyth are registered and engaged in S4M 	<ul style="list-style-type: none"> 32 Early childhood services were registered in 2025 9 services achieved Smiles 4 Miles award. 4 policies reviewed and endorsed 3 menu assessments completed 37 staff participated in training. 2055 students reached. 750 dental screenings. 5 services actively supported that have a large population of priority cohort and or in a low SES area (as per the ABS's <u>Index of Relative Socio-economic Disadvantage</u>) 17 services registered for the Achievement Program. Supported and promoted Dental Health week to help celebrate S4M 20 year anniversary – 10 participants. Held a Dental Health Week Stall at Lilydale Marketplace. Had 10 children complete our "What Fruit or Vegetable will I try" activity. Also engaged with members of the community as they passed by.
Cooks Connect Network	
Lead agency: Inspiro	
Impact Indicators	
<ul style="list-style-type: none"> Increase in ELC cooks feeling supported to develop menus that meet the menu planning guidelines Increase in capacity of ELC cooks to prepare and provide healthy food and drink options Increase capacity in ELC to develop menus to help address common challenges such fussy eating and food intolerance. 	<ul style="list-style-type: none"> 11 ELC cooks surveyed. 10 (91%) ELC cooks surveyed indicated an Increase feeling supported to develop menus that meet the menu planning guidelines. 9 (80%) ELC cooks surveyed indicated Increase in capacity to prepare and provide healthy food and drink options 11 (100%) ELC cooks surveyed indicated an Increase capacity to develop menus to help address common challenges such a fussy eating and food intolerance.
Process Indicators	
<ul style="list-style-type: none"> Scope needs and interest in a Cooks connect Network Establish a CC Network if enough interest. Based on input from Cooks determine when, how and network will run. 	<ul style="list-style-type: none"> A survey was sent out to all early childhood services in the Yarra Ranges which indicated a high level of interest in the Cooks Network with 16/17 respondents indicating they would like to attend a Cooks Network meeting. 3 sessions run.

	<ul style="list-style-type: none"> Total number of cooks participated over the 3 sessions: 12 Cooks attended the first session, 5 Cooks attended the second session and 3 cooks attended the third session. A total of 15 cooks attended at least one session.
Resilient Food Systems Partnership and Programs	
Lead agency: Inspiro (and support, depending on projects) Partners: Yarra Ranges Council and Eastern Health, NEPHU, SE Food Movements, Setting: Community	
Yarra Ranges Food Connection and Outer East Food Strategy	
Impact Indicators <ul style="list-style-type: none"> Partners and community feel supported and connected in their food system work and local food system Yarra Ranges has a food strategy/plan that supports long term planning to improve food security, community & stakeholder resilience. Support and advocate for a Council and or Community Food plan/strategy to continue. 	<p>7 partners surveyed.</p> <ul style="list-style-type: none"> 7/7 (100%) agreed that YRFC helped to increase knowledge of the food system 6/7 (86%) agreed that YRFC helped them make connections to other likeminded groups or individuals Feedback from group as a collective: <i>We see YRFC network as a place to understand what is happening in the local FS, support and link to other projects, stay connected, bounce ideas, continue to learn, project assistance, discover opportunities to work together and support each other.</i> We continue to advocate for a Yarra Ranges Food Strategy, through ongoing discussions and planning within the 2025 – 2029 Yarra Ranges Council Health and Wellbeing Plan. 2 submissions made to Yarra Ranges Council: Food Systems and Food Relief. Proposal to work in collaboration with NEPHU and YRC to obtain a Vichealth grant supporting investment in Food Strategy and Systems work in the Outer East. 4 Support packs created with resources and activities that can be loaned out and utilized by libraries and ELC. Investigate engagement with local playgroups. This was investigated however playgroups are not eligible to participate in Smiles 4 Miles. Quarterly (every term) newsletter developed and distributed to all services participating in Smiles 4 Miles. 4 newsletters created and distributed to early childhood services.
Process Indicators <ul style="list-style-type: none"> The Yarra Ranges Food Connection (YRFC) FB page is maintained and has regular blogs and posts promoting fruit and vegetables and supporting state campaigns. Lead and Chair YRFC network 	<p>YRFC connected with community via 50 FB posts. Food system collaborative support.</p> <ul style="list-style-type: none"> Supported Eastern Health in developing and distributed a policy brief to local council, advocating for a decrease in the amount of unhealthy food advertising permitted to be displayed at council-owned sport facilities. <p>Food system projects delivered and networks attended included:</p> <ul style="list-style-type: none"> 3 Outer East Regional Food Relief Dialogue sessions. 3 workshops supporting advocacy, involvement and role of the Food System within the Yarra Ranges Council 25 - 29 Health & Wellbeing Plan 3 Community of Practice events in conjunction with South Eastern Food Movements
Catering for Good	
Impact Indicators <ul style="list-style-type: none"> Increase in knowledge of where to access healthy catering 	<ul style="list-style-type: none"> Working towards increasing knowledge of where to access healthy catering will occur in the 25-26 plan
Process Indicators <ul style="list-style-type: none"> Investigate interest in and how we can support local Cafes & social enterprises to register for the HEAS Catering for Good Resource. 	<ul style="list-style-type: none"> 1 Yarra Ranges Café registered with Catering for Good (Hungry for Success) 1 Yarra Ranges Café supported to register for Catering for Good (Tasty As) Supported Eastern Health with a student placement to work with local Yarra Ranges Cafes to register for Catering for Good.
Mooroolbark Food Systems	
Impact Indicators <ul style="list-style-type: none"> Partners and community feel supported and connected in their food system work and local food system 	<p>Partners and community indicate a strong appetite to continue meeting quarterly.</p>
Process Indicators	<ul style="list-style-type: none"> 1 action metric created and shared with 13 stakeholders

<ul style="list-style-type: none"> • Create an action metric to connect community and organisations involved in the local Mooroolbark food system • Lead and Chair quarterly meetings. 	<ul style="list-style-type: none"> • 8 stakeholders were interviewed and 12 attended a round table discussion. <p>Goodness Gracious network, Montrose community cupboard, Outer East Food Share, Mooroolbark Community House, Mooroolbark Community Garden, Shop 16, YRERN, Mooroolbark Salvation Army, Mooroolbark People Pantry.</p>
Every Body in Every School Toolkit Lead	
<p>Indicators</p> <ul style="list-style-type: none"> • Increase in knowledge among schools in how to create environments that support: <ul style="list-style-type: none"> ○ Positive body image ○ Healthy relationships with food ○ Physical activity • Continue to promote the availability and use of the toolkit 	<ul style="list-style-type: none"> • EBES Recourse appears on the Embrace Collective schools recommended resource. Page 14. 'Become an Embrace School https://theembracehub.com/education-hub-for-teachers/ • Resource downloaded by 12 schools. • Resource downloaded by 8 Community Health organisations. • All parties who download the toolkit are contacted for feedback • 1,364 landing page views
Internal Healthy Eating Policy - State Government Policy Directive	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Increase in understanding of staff attitudes towards healthy catering • Strategies are in place to increase knowledge and capacity of staff to supply healthy catering • Catering aligns with directive and Inspiro catering policy <p>Process Indicators</p> <ul style="list-style-type: none"> • Work partner ACCESS Health & student placement determine staff attitudes towards healthy catering. 	<ul style="list-style-type: none"> • Inspiro Health has a strong relationship with a local social enterprise caterer called 'TastyAZ' who will provide food for larger staff events. • Staff appreciated the use of local catering providers, reflecting a strong commitment to supporting local businesses. • Food wastage at Inspiro Health is minimal as the team is proactive in distributing leftovers or storing them appropriately. • 19 (48.7%) Inspiro staff indicated they agreed that health services should ensure healthy food and drink provided in line with Healthy Choices guidelines.
INFANT Program Support	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • MCH and Allied Health staff are supported to implement and deliver the INFANT program • Parents report an increase in confidence in developing healthy eating & activity patterns in children and families <p>Process Indicators</p> <ul style="list-style-type: none"> • Number of INFANT sessions • Number of parents attending • Number of Allied Health professionals supporting INFANT 	<ul style="list-style-type: none"> • 4 parents strongly agreed, 4 agreed (8 surveyed) they felt more confident in helping their child develop a healthy eating pattern following the INFANT program • 7 INFANT sessions supported & evaluated but delivered by MCH and Allied Health. 5 supported by HP team with evaluation and or promotion • 9 parents attended sessions. • Allied Health professionals engaged: Dietitian, OT Pediatrics, OT Speech Pathologist. • MCH nurse now runs only the 3-month session every 8 weeks as the other sessions are not well attended.
Paddock to Plate and Waste Lead	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Increase in knowledge and understanding of a food system and its impacts on health and sustainability. 	<ul style="list-style-type: none"> • Posters designed by students showed increase in knowledge of the food system.
<p>Process Indicators</p> <ul style="list-style-type: none"> • Number of schools using resources. • Student exhibition is held and attended by community members. • Number of students involved in exhibition. • Exhibition planned and prepared 	<ul style="list-style-type: none"> • 2 schools participated in the program: Belgrave Heights Christian College, Ferny Creek PS • 0 schools in Lower SES suburbs or Priority group • 139 students involved in & learning about healthy foods and or food systems • 20 of posters/projects exhibited in community settings including: The Belgrave Hub and Cire Chirside Park Market Day. • Promotional Video for the Lesson Plans and Poster display
VKEW, Achievement Program (AP) and Healthy Choices	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Settings are activity involved in making changes in order to achieve small and big bites in VKEW, Healthy Choices and priority areas of the AP 	<ul style="list-style-type: none"> • Lilydale Heights canteen manager made several changes: • Air fryers purchased, introduced fry free Wednesday, introduced flavoured water, removed all confectionary. • Suggestions included: removing soft drinks, reduce size of cookies, removing slushies.
<p>Process Indicators</p>	<ul style="list-style-type: none"> • Presented VKEW and AP at 1 Council lead School Principal network meeting

<ul style="list-style-type: none"> • Actively promote VKEW and AP when working with schools and in any correspondence. • Actively promote to schools via the YRC Services Navigator and Schools Newsletter • Actively promote to sport and recreation venues during all correspondence. 	<ul style="list-style-type: none"> • Shared resources quarterly through the Council coordinated school network newsletter • Lilydale Heights College working towards 7 small bites • 1 small bite: Monbulk Aquatic Centre: Boost veggies and salad • Monbulk Aquatic – completed a foodchecker assessment. • 17 ELC registered for AP • 5 of settings we are actively supporting in low SES/SEIFA areas (Mooroolbark and Kilsyth) • 4 of policies updated to reflect AP guidelines as part of S4M
NEPHU	
<p>Indicators</p> <ul style="list-style-type: none"> • Inspiro are engaged and working towards shared projects with NEPHU • Attend and Supporting at least 1 NEPHU working group meetings 	<ul style="list-style-type: none"> • Attendance and Input at 3 NEPHU Healthy Eating Program control group meetings – Aug, Oct, Feb, • Attend 3 NEPHU Population Health Chapter meetings – Nov, Dec, Feb, • Supporting the NEPHU Community of Practice -information sharing
<p>Other resources, blogs and programs developed to help engagement with schools and early learning centres.</p> <p>Healthy Eating and General Health</p>	<p>https://inspiro.org.au/wp-content/uploads/2024/02/Healthy-Schools-2024-4.pdf shared with networks</p> <p>We have worked with 2 local libraries (Mooroolbark and Lilydale) to run – ‘Healthy Eating’ sessions for preschoolers with 180 attendees. In addition, we have shared resources and activities for several libraries in the catchment.</p> <p>Attended Harmony Day in Mooroolbark (lower SES area) with activities promoting healthy teeth and eating well. Connected with 80 families, including representation (approx. 10 families from Burmese community)</p> <p>Attended Lilydale TAFE healthy eating session with migrants and refugees with 48 participants.</p> <p>Attended Aboriginal Health Day in Lilydale with an Inspiro Dental Nurse promoting good oral health and dental care. Connected with 40 Indigenous children and families.</p> <p>Conducted 2 x Food and Mood sessions with Upper Yarra Secondary and Monbulk High reaching 44 students at Upper Yarra and 58 students at Monbulk High.</p> <p>Attended Monbulk High for a presentation on Sport and Nutrition and fuelling your body reaching 48 students.</p>

Active Living 40%



Long Term Goal	To increase both planned and incidental physical activity in the Yarra Ranges.
Objective 1	To increase awareness, skills and knowledge around physical activity in the Yarra Ranges by June 2025.
Objective 2	To create supportive environments that facilitate the increase of physical activity and active living in the Yarra Ranges by June 2025.
Short Term Indicators (1 year)	Key Evaluation Findings
Achievement Program (AP). Workplace	
Indicators <ul style="list-style-type: none"> Increased awareness and opportunity within the Inspiro workplace to be physically active. 	<ul style="list-style-type: none"> The Inspiro Health and Wellbeing committee was supported to establish and implement both incidental and coordinated activities within the workplace. The Inspiro work from home policy was updated to encourage active breaks. The Induction packs for new workers included information on physical activity opportunities both at work and for working at home.
Process Indicator <ul style="list-style-type: none"> AP workplace Physical Activity Benchmark is achieved. Number of activities Number of staff participating in activities Number of resources 	<ul style="list-style-type: none"> 1 benchmark achieved: Physical Activity 3 workplace campaigns: Stepathon, Use the Stairs, Stretch while you wait. 24 Staff participated in the stepathon Ad hoc conversations indicated strong recognition and recall of posters within the stairwells and printer/kitchen areas. 3 workplace resources shared at each Inspiro location highlighting activity opportunities and 10 min walks to encourage walking meetings. 2 Line Managers report 'walking meetings' encouraged.
Morning Move for Mind	
Impact Indicators <ul style="list-style-type: none"> Increase in knowledge and use of wellbeing strategies among students and staff. Increase in participation of physical activity among students. Students and/or staff report satisfaction. MM4M program is formally evaluated as per the research project with Melbourne Uni/ TROPHI. MM4M is updated with any recommendations from research See landing page to explain program 	Collectively <ul style="list-style-type: none"> 113 (53%) students and 8 (62%) of staff report satisfaction and would run the program again. 177 students (80%) could recall at least 1 strategy. 108 students (52%) had used a wellbeing strategy. 7 staff (54%) indicated that the program helped increase their knowledge of wellbeing strategies Students undertake an extra 400 minutes of physical activity over the term by participating in the program. Trophi research completed. Recommendations and reflections provided to improve content and delivery of MM4M. MM4M will be updated with a combination of research and organizational reflections. In 25-26 a working group will be established to refresh the program.
Process Indicators <ul style="list-style-type: none"> Number of teachers trained Number of students who participate in activities. Number of schools signed up per year. At least one other community health service was trained and delivered the program. 	Inspiro <ul style="list-style-type: none"> 1 CH org trained to deliver the program (Caulfield Community Health) 5 teachers trained 1 school engaged 97 students participated Collective Reporting <ul style="list-style-type: none"> 5 CH/HP orgs delivering MM4M across Melb Metro: Inspiro, Eastern Health, DPV, CCHS and Access Health. 5 schools engaged 256 kids participated 13 teachers delivered the program
Step and Connect Yarra Ranges	
CHHP resources supported by external \$7000 Yarra Ranges Council Community Grant funding to deliver Step and Connect Yarra Ranges	
Impact Indicators <ul style="list-style-type: none"> Participants report satisfaction. Increase in motivation to engage in physical activity among participants. 	<ul style="list-style-type: none"> 25 (100%) participants surveyed enjoy participating in Step and Connect 14 (56%) participants indicated that Step and Connect increases their motivation to engage in physical activity. 24 (90%) participants indicated that Step and Connect has increased social connection

<ul style="list-style-type: none"> • Increase in level of social connection among participants. • Increase in awareness of active recreation opportunities among participants. • Increased awareness of community house programs 	<ul style="list-style-type: none"> • 19 (76%) participants indicated that Step and Connect had increased their awareness of other opportunities to be active • 10 (56%) participants indicated an increase in awareness of community house activities/programs
<p>Process Indicators</p> <ul style="list-style-type: none"> • Number of walking groups • Number of walking groups in lower SES areas (Mooroolbark or Kilsyth) • Number of Community houses involved in walking initiatives • Number of participants involved walking groups. • Establish at least 1 Summer series walking group with Parks Vic • Number of participants in summer series. • Number of Step and Connect Newsletters/Resources created exploring health and wellbeing topics. 	<ul style="list-style-type: none"> • 6 Step and Connect walking groups. Lilydale, Lilydale after hrs, Mooroolbark, Mt Evelyn, Olinda and Selby. • 4 new walking groups established in 2025: Mooroolbark, Mt Evelyn, Olinda and Selby. • 1 walking group established in a lower SES area: Mooroolbark. • 5 Community Houses involved in the initiative • 485 opportunities for community to participate in walking • 66 women participating in regular walking groups across 5 Community Houses and 1 after hours walk • 1 Summer walking Series (3 weeks) established with Parks Vic. • 14 Participants in the Summer series. • 303 landing page views May 2025 – June 2025. • 22 downloads of the Step and Connect calendar. • Step and Connect Newsletter replaced by Get Active Yarra Ranges resource. Details in Active Recreation Network section.
<p>Sport for All Gender Inclusive Toolkit. CHHP resources supported by external \$10,000 Change our Game funding to deliver Sport for All Gender Inclusive Toolkit.</p>	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Sporting clubs create positive change for gender equity increase use and accessibility of infrastructure be creating an Action Plan • Work in collaboration with 6 LGAs for greater collective impact 	<ul style="list-style-type: none"> • 56 sporting clubs created an Action Plan to help align with Fair Access Principles. • 6 Councils engaged to support the toolkit: Yarra Ranges, Knox, Manningham, Maroondah, Monash, Whitehorse.
<p>Process Indicators</p> <ul style="list-style-type: none"> • Number of participants attending launch of the toolkit (in conjunction with International Women’s Day) • Number of toolkits created • Landing page created • Number of resources downloaded • Number of facilitated workshops • Number of participants attending 	<ul style="list-style-type: none"> • 134 attended launch of the toolkit (in conjunction with International Women’s Day). Showcasing Trailblazers documentary and fireside chat with Sarah Styles. • 1 toolkit created: toolkit, action plan, survey, workshop resource • 1 Landing page created • 1,053 digital views • 319 resources downloaded • 7 facilitated workshops • 81 participants attended the workshops • International Women’s Day celebrations Ranges Trader Star Mail
<p>Yarra Ranges Active Recreation Network Lead</p>	
<p>Active April. Healthy Active and Ageing. This Girl Can. Get Active Yarra Ranges Resource.</p>	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Support, promote and implement local and state based physical activity initiatives • Increased number of community members participating in physical activity both planned and incidental 	<p>Active April</p> <ul style="list-style-type: none"> • 31 (98%) responders indicated satisfaction with the program <p>This Girl Can</p> <ul style="list-style-type: none"> • 30 (78%) indicated increased motivation to continue being active • 25 (66%) indicated increased knowledge of local opportunities to be active • 26 (69%) indicated an increase in confidence to be active <p>Healthy Active and Ageing</p> <ul style="list-style-type: none"> • 9 participants (60%) indicated increased knowledge and understanding of incorporating activity into everyday activities.
<p>Process Indicators</p> <ul style="list-style-type: none"> • Attend network meetings • Number of community activation campaigns • Number of participants • Number of activities • Number of partners • Number of Get Active resources created and shared • Number of downloads/views 	<ul style="list-style-type: none"> • Quarterly meetings attended • 4 community activation events supported <p>Active April 2025</p> <ul style="list-style-type: none"> • 240 participants from Inspiro lead activities: event launch, 5 walking groups, 2 scavenger hunts and walk Yarra Ranges challenge • 703 total participants • 29 activities lead by Inspiro • 7 Partners: Inspiro, Eastern Health, Yarra Ranges Council, Belgravia Leisure, The Running Company Lilydale, MotherRunner, Kindred Warrior Yoga.

	<ul style="list-style-type: none"> • 8 locations: Lilydale Lake, Mooroolbark, Warburton Rail Trail, Olinda Gardens, Selby, Melba Park, Yarra Valley rail trail, Birdsland Reserve • 155 downloads (calendar of activities, wellness calendar, activity sheets). <p>This Girl Can 2024</p> <ul style="list-style-type: none"> • 24 participants at Inspiro lead events • 407 participants in total • 4 Inspiro lead events • 3 locations: Lilydale Lake, Sherbrooke Forest, Mooroolbark Trails. <p>Healthy Active and Ageing 2024</p> <ul style="list-style-type: none"> • 15 participants attended a session on movement, nutrition and balance as we age. • Venue: Mooroolbark Library <p>Get Active Yarra Ranges Resource</p> <ul style="list-style-type: none"> • 4 quarterly resources created and shared • 138 downloads of the resource • Shared with multiple stakeholders and via multiple channels: Inspiro FB and via Step and Connect landing page. Through YR Council FB and networks/newsletters YRC Community Development Officers: YRC Disability and Inclusion; YRC: Sport and Rec; YRC: Early Childhood. <p>Other</p> <p>Access and Inclusion Expo</p> <ul style="list-style-type: none"> • 100 participants attended the expo showcasing physical activity opportunities and local health services for people with a disability, their families and carers. • Venue: Kilsyth Basketball Centre
My Yarra Ranges: Walk to School	
<p>Impact Indicators</p> <ul style="list-style-type: none"> • Increase in understanding of the link between neighbourhood design and being active and ways to be active (including walk to school) 	<ul style="list-style-type: none"> • Students shared a reflection of one thing they learnt in the session. Increased knowledge and understanding of active travel and ways to be active were strongly represented themes.
<p>Process Indicators</p> <ul style="list-style-type: none"> • Number of schools • Number of students participating in the workshops • Number of posters/campaigns exhibited in community settings • Number of students that attended a walk to school event • Number of resources shared with the school and families supporting safe active travel 	<ul style="list-style-type: none"> • 2 schools participated: Kallista and Ferny Creek Primary Schools • 116 students participating in workshops • 46 posters/campaigns exhibited in community settings including the Belgrave Hub • 175 students attended a walk to school event • 1 resource created and shared with each school supporting safe walk to school strategies • 6 teachers participated.
Other	
<p>Prevention Blog</p> <p>A blog is entered for at least one of the Active Living Programs</p>	<p>Step and Connect: https://prevention.health.vic.gov.au/blog/posts/supporting-active-recreation-for-women-and-girls-in-the-yarra-ranges</p>
<p>Additional Blogs and Landing page developed by our team as Lead</p>	<p>Blogs:</p> <ul style="list-style-type: none"> • Step and Connect Yarra Ranges 2025 - Inspiro Health • Get Active in the Yarra Ranges during April - Inspiro Health • Walking to school is cool! - Inspiro Health • This Girl Can – Empowering women and girls to embrace physical activity - Inspiro Health <p>Newspaper articles:</p> <p>https://lilydale.mailcommunity.com.au/2025/03/23/make-movement-a-priority-this-active-april/</p> <ul style="list-style-type: none"> • Students explore the impact of walking to school - EducationDaily <p>Landing Pages:</p> <ul style="list-style-type: none"> • Step and Connect landing page: Step and Connect - Inspiro Health • Sport 4 All Landing page: Sport For All - Inspiro Health

Preventing Violence against Women (PVAW) 5%



Long Term Goal	To reduce the incidence of violence against women by creating a gender equitable society in the Yarra Ranges.
Objective 1	To increase awareness, knowledge and skills around gender equity and preventing violence against women in the Yarra Ranges by June 2025.
Objective 2	To create gender equitable environments and cultures for women and girls in the Yarra Ranges by June 2025.
Short Term Indicators (1 year)	Key Evaluation Findings
Young Leaders for Gender Equality & Respect	
Support	
CHHP resources supported by external \$2000: DET for facilitation	
Impact Indicators	
<ul style="list-style-type: none"> Increase in knowledge and awareness around gender equity among participants. Teachers and students report a positive change within their school environment 	<ul style="list-style-type: none"> Students were asked if you see yourself as a gender equality and respectful relationship leader: Pre 5 (29%). Post 17 (100%) Increase in school leaders' confidence and capacity to create gender equitable learning environments. Pre 11 (65%). Post 17 (100%)
Process Indicators	
<ul style="list-style-type: none"> Number of students and schools involved in the program Number of teacher resources downloaded 	<ul style="list-style-type: none"> 17 students participated in the program 4 schools involved in the program – Badger Creek, Diamond Creek, Launching place, Macclesfield 4 projects developed to help create and promote gender equality and respect within their community 6 Downloads: Young Leaders Gender Quality teaching guide
16 Days of Activism. Growing Healthy Relationships.	
CHHP resources supported by external \$1500 Yarra Ranges Council Small Grant to deliver Growing Health Relationships initiative	
Impact Indicators	
<ul style="list-style-type: none"> Increase visibility and understanding of the 16 Days of Activism. 	<ul style="list-style-type: none"> 7/8 (87.5%) of stakeholders who distributed the resources agreed that the seeds and bookmarks provided an opportunity to discuss the 16 Days of Activism.
Process Indicator	
<ul style="list-style-type: none"> Number of resources shared Number of stakeholders engaged. 	<ul style="list-style-type: none"> 500 native daisy seeds shared 500 bookmarks detailing accessing local services shared 13 external stakeholders engaged to share the initiative Blog: Growing Respectful Relationships - Inspiro Health
Other	
<ul style="list-style-type: none"> Intersectional Gender Lens is applied across all programs and projects Full Gender Impact Assessment is specially applied to at least 1 program Feedback and input from priority cohorts are taken into consideration when designing and delivering programs. 	<ul style="list-style-type: none"> Frameworks being explored to complete a Full GIA on a program

Tobacco & E-cigarette Prevention 15%



Long Term Goal	To reduce the impact of tobacco and e-cigarette related harm in the Yarra Ranges.
Objective 1	To increase awareness, knowledge and capacity of communities in understanding the health and wellbeing harms of tobacco and e-cigarettes in the Yarra Ranges by June 2025.
Objective 2	To create environments which decrease the acceptability of smoking tobacco and e-cigarettes
Short Term Indicators (1 year)	Key Evaluation Findings
Inspiro Workplace and Vaping Lead	
Impact Indicators <ul style="list-style-type: none"> In partnership with Access Health and Community, investigate relevant policies to ensure laws/requirements regarding smoking are available and updated to reflect vaping laws 	<ul style="list-style-type: none"> This was planned for April /May 2025. Following the merger this was not actioned. Noting that the Workplace Health for Achievement program will be finishing. Support and information materials are available to staff & clients via flyers in and around the office and waiting rooms, also offered to the counselling team.
Process Indicators <ul style="list-style-type: none"> All Inspiro buildings have signage of 'no smoking' replaced with 'no smoking or vaping' 	<ul style="list-style-type: none"> All Inspiro buildings have signage of 'no smoking' replaced with 'no smoking or vaping' change of buildings and extent of renovations meant this has not occurred.
Young Leaders- E-cigarettes (Lead) and Single Sessions (Co Lead)	
CHHP resources supported by external \$7000 Yarra Ranges Council Grant Funding to Young Leaders Harm Prevention from Vaping and E-Cigarettes	
Impact Indicators <ul style="list-style-type: none"> Increased awareness within schools and the community around the harms of tobacco and e-cigarettes. Students Increased awareness and knowledge of peer pressure and marketing techniques and how they affect decisions. Increase school leaders' capacity to support peers in saying no to vaping. Advocate smoke-free settings and policy change when working with schools. 	<ul style="list-style-type: none"> This was done via poster making and displaying, flyer sent to parents. 90 (90%) of students said they learned something new around the harms of tobacco and e-cigarettes. Teachers participated in the programs and received Quit info. Advocacy for smoke free settings and policy changes embedded through session content.
Process Indicators <ul style="list-style-type: none"> Number of schools participating Number of students participating Number of teachers engaged Reach within schools Number of workshops completed Number of student voice campaigns developed Number of campaigns shared on social media. 	<ul style="list-style-type: none"> 3 schools participated in the initiative: Launching Place Primary School, Lilydale High School and Ferny Creek Primary School. 117 students participated in Vaping prevention sessions (single session and Young Leaders) 9 Teachers participated 490 + reach with posters displayed at the school. 11 student voice campaigns developed. 5 workshops completed. 11 Campaigns shared on our social media Inspiro blog https://inspiro.org.au/news/youth-vaping-prevention-in-the-yarra-ranges/ Newspaper article https://ferntreegully.mailcommunity.com.au/news/2024-11-20/ferny-creek-students-take-stand-against-vaping/

Mental Health (5%)



Long Term Goal	To improve the mental health and wellbeing of Yarra Ranges community
Objective 1	Support the planning and development for integrated approaches in mental health services.
Short Term Indicators	Key Evaluation Findings
Promote and plan activities and programs that have mental health as a co-benefit	
<p>Impact Indicators</p> <ul style="list-style-type: none"> Increase in social connections and networks through Active Recreation opportunities. <p>Process Indicators</p> <ul style="list-style-type: none"> Utilise the Social Inclusion Shared measurement portal Lever co-benefits through other healthy eating and active living opportunities. Food and mood presentation Yr 12 students. 	<ul style="list-style-type: none"> 24 (90%) participants indicated that Step and Connect has increased social connection Social Inclusion Shared measurements and portal used by Step and Connect survey Food and mood presentation Yr 12 students. Lilydale Heights 800 students reached through attendance and resources for Health and Wellbeing days at: Monbulk College, Yarra Hills Secondary School & Lilydale Heights.
Upper Yarra Partnership (UYP)	
Lead: YRC. Support: Inspiro, Eastern Health	
<p>Impact Indicators</p> <ul style="list-style-type: none"> Increased understanding of challenges and aspirations and contact experiences with services and programs A plan is in place for working with the cohort to develop a co-designed Social Emotional Development (SED) initiative <p>Process Indicators</p> <ul style="list-style-type: none"> Assist the trialing of the UYP engagement tools (survey and interview) Use finalised tools to conduct community consultation/workshops to help determine community priorities 	<ul style="list-style-type: none"> Inspiro will actively participate in assisting the development of a co-designed SED initiative 25 – 26 Attended Partnership meetings, facilitated workshop design sessions and co-design workshop. 3 Extended Workshop/Interview engagement tools utilised 3 Workshops conducted 19 families attended

Morning Move for Mind



Author: Ms. Tracey Higgins (Research Translation Fellow)
Supervisors: Dr. Cath Kaylor-Hughes and Dr. Amy Coe

What is it?

Morning Move for Mind (MM4M) is a free, 30 minute program for Primary Schools, run twice per week for 8 weeks. Each session combines an information session based on **wellbeing strategies** that are reinforced during an **active lesson**.

The program is a cross-sector approach, designed and led by Inspiro Community Health Promotion (HP) Team.



Why MM4M?

- Less than 23% of children meet physical activity guidelines
- Over 20% of children experience mental health difficulties
- Building coping strategies boosts emotional intelligence and improves mental health
- HP team priority is physical activity and community wellbeing
- Schools priority is education and overall student wellbeing
- Teachers are time poor, combining priorities makes sense



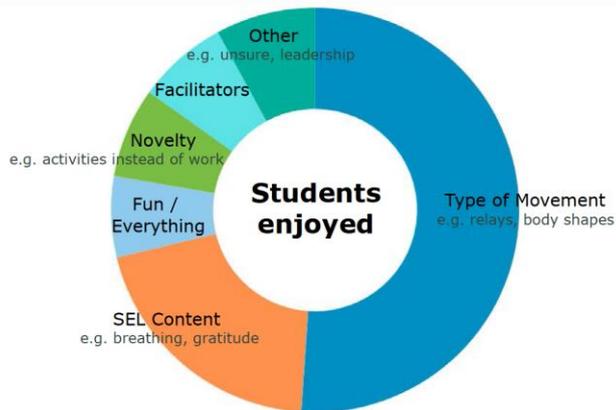
Study Aim:

- Formally evaluate MM4M
- Determine key mechanisms that contribute to learning wellbeing strategies delivered through active lessons
- Identify missing components that could enhance it's effectiveness
- Identify any additional benefits in the classroom
- Ascertain if any learning from the program has been sustained

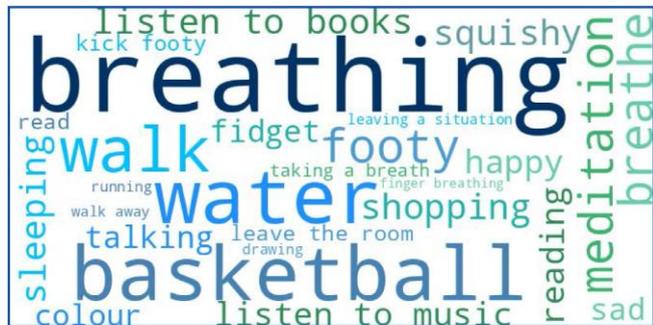
What we did:

The MM4M program was evaluated using a mixed methods approach. Pre and post program surveys were conducted with 54 students as well as semi-structured interviews with teachers from two Grade 5 classes.

In addition, aggregated data from eight previously implemented MM4M programs, and findings from the literature were analysed to help inform results and recommendations.



Students' recall and use of coping strategies reflected what was taught in the program. The larger the font the more it was mentioned.



Discussion & Results

MM4M is an innovative and successful program which combines learning wellbeing strategies in an active lesson. It has links to several existing frameworks, is ready to use, includes teacher training and is easily scalable.

The evaluation of MM4M supports literature in that students' enjoyment of the active lessons reflect: teacher or facilitator enjoyment and interest; time of day; variety of activities; and the connection of the physical activity to the learning intention.

Coping strategies listed by students reflected what was learnt in program. The breathing techniques to help encourage calmness and reset were very popular and continue to be used by students and teachers. Teachers continue to add movement to SEL lessons.

"It was too hot for the relays", "need different activities"

"I will definitely incorporate movement into my SEL lessons"

"The best was when we ran and told the teachers what we were grateful for"

Recommendations

To ensure ongoing success and currency

- Run MM4M with groups no bigger than one class size
- Increase variety of the type of physical activity, decrease relays and competitiveness aspects
- Ensure there is a connection between the physical activity and the learning intention
- Update to reflect and directly link to the Respectful Relations curriculum
- Consider dividing MM4M sessions into 2 x 15min lessons
- Maintain & encourage schools to run as a morning program

Funding:

Windemere Foundation via RACGP - TROPHI project 2024-2025
Translating Research Outcomes into the Public Health Interface



Ethics:

2024-30117-58141-3
DET ID 24-06-352.

Yarra Ranges Cooks Network

Bringing cooks together to improve the health of our little ones.

When the Healthy Eating Advisory Service suggested starting a Cooks Network, Inspiro (now Access Health and Community) recognised the initiative offered the opportunity to support early childhood cooks in providing healthy food for children and to connect professionals who often work alone.

We began by surveying cooks in long day care centres across Yarra Ranges. Sixteen out of 17 said they would be interested in joining a network. Cooks also provided feedback about the logistics of how the network would work best for them and which topics they would be most interested in covering.

Our first Cooks Network meeting launched on 13 August 2024, with 12 cooks from 8 early childhood services attending—representing 752 children. Two Master of Dietetics students from Deakin University led the session as part of their placement, presenting on managing food intolerances and FODMAPs. Afterward, cooks shared challenges and ideas with each other.

The feedback received from the session was very positive with 10/11 survey respondents strongly agreeing that they felt they felt safe and comfortable to participate. 10/11 indicated they their understanding of food intolerances and FODMAPS increased.

We have since run two more sessions focussing on Fussy Eating and Managing Food Waste. While we had less attendance at these meetings with five participants and three participants respectively, we found that the smaller group allowed for deeper conversation and the development of stronger connections between the cooks. We have now established a WhatsApp group for cooks to allow them to communicate on a more informal basis and be able to obtain real time feedback and support from one another.

Inspiro has now merged with Access Health and Community and we are working together with healthAbility and Link Health and Community health to establish an Eastern Region Cooks Network. While the network will still run locally, Yarra Ranges Cooks will now be able to access meetings held in the inner east (either in person or online) and the Partnership can share resources, learnings and knowledge to deliver the sessions more effectively and efficiently to achieve greater impact and scale.

12
Cooks

8 early childhood
services

752
Children



Young Leaders - Vaping Prevention

Young Leaders - Vaping Prevention is a student-led initiative designed to educate and empower young people to take action against the rising rates of youth vaping. Developed by Access Health and Community (formerly Inspiro Health) and funded by Yarra Ranges Council in 2024, the project aimed to engage students as changemakers in their communities.

Students from Ferny Creek and Launching Place Primary and Launching Place High School participated in the workshops focused on the physical and mental health risks of vaping and the manipulative marketing tactics used by the tobacco industry and strategies to say no. Common myths about vaping were also debunked. The sessions were developed using the latest resources created by QUIT and the Department of Education and Training.

Students were encouraged to explore the aspects of vaping that mattered most to them, and create their own awareness raising projects. Through posters, infographics and animated videos, students became Young Leaders, sharing their knowledge with the wider community. Their posters were displayed at the Belgrave Hub and CIRE Chirnside Park Community House.

The project was also featured in the Star Mail and received positive feedback from students and teachers.

With approximately 14% of 12-17 year olds in Australia having tried vaping - and that number growing - this initiative represents a vital response to an urgent public health issue. By empowering students to lead the conversation, the Young Leaders Vaping Prevention project builds awareness and will hopefully lead to real community change.

3
schools

1500
community members

117
students



Glossary of Projects and Initiatives

Priority Area	Project or Initiative	Description
Healthy Eating	Yarra Ranges Food Connection (YRFC)	YRFC is a group of not-for-profit services and individuals aiming to improve the Yarra Ranges food system, with a long-term vision for a resilient, sustainable, healthy and equitable food system within the Yarra Ranges where the community is mobilised and empowered.
	Mooroolbark Food Systems	Exploring and connecting stakeholders engaged in the food system in Mooroolbark.
	Paddock to Plate and Waste	Lesson plans and resource links, to help students explore, discover and learn about food systems and eating for health.
	Every Body in Every School	A toolkit to help schools create environments that support student's body image, and healthy relationships with food and physical activity.
Active Living	Morning Move for Mind	An 8 week program where primary school students explore positive mental health coping strategies in an active way.
	Step and Connect Yarra Ranges	Women's social walking groups established in partnership with local Community Houses. Designed to increase active living and social connection.
	Sport for All Gender Inclusive Toolkit	A gender toolkit and associated resources developed to assist sporting clubs and recreating settings to align with Fair Access policies and increase participation and access for people of all genders.
	My Yarra Ranges; Walk to School	A workshop designed to educate students about safe active travel to school and to explore the link between neighbourhood design and health and wellbeing.
	Yarra Ranges Active Recreation Network	A network of stakeholders supporting community active recreation initiatives such as Active April, This Girl Can and Healthy Active Ageing.
Prevention of Violence against Women	Young Leaders for Gender Equality and Respect	Students are supported to become leaders for gender equality and respect in their school.
Tobacco and Vaping Harm prevention	Young Leaders: Prevention of harm from vaping and e-cigarettes	A program supporting students with knowledge and information to enable them to raise awareness of vaping harm and create change in their school or community.
Mental Health	Upper Yarra Partnership	A collaboration between education settings, health and community services, and local and state government agencies to help improve social and emotional wellbeing for children (0 to 14 years) and their families.