



Consideration for Successful Implementation of Public Health Programs: Innovations 2 Interventions

Mr Stephen Stone

University of Technology Sydney, Sports and Exercise Science

Last year, the Global Action Plan on Physical Activity (GAPPA) was released with the overarching mission statement message to the 2018-2030 plan described as; *“To ensure that all people have access to safe and enabling environments and to diverse opportunities to be physically active in their daily lives, as a means of improving individual and community health and contributing to the social, cultural and economic development of all nations”*

One key message from this statement directly relating to our profession is that more than ever, assorted opportunities are significantly increasing for accredited exercise professionals to develop and deliver impactful public health programs. Traditionally, people with complex healthcare needs are likely to be in the care of acute and specialist services, but community health services are becoming progressively involved in supporting people with complex care needs. The complexity of people’s chronic care needs relates not only to the nature of their condition, but also to the social, environmental, financial and cultural factors that affect their health and wellbeing. Community health services need to provide a flexible response and a mix of services for people with chronic conditions, within a local context whether it be in the primary health care, non-for-profits, multi-disciplinary clinics, private practice, corporate sector or funded research environments. Community Health programs need to align with these principles of care in all aspects of planning, program design and service delivery. In summary, the principles illustrated below call for high-quality and supported person-centred care that:





2019 ESSA INNOVATION & PRACTICE FORUM

4 - 5 MAY 2019. MELBOURNE, VIC

In this enlightening session, Stephen will provide first-hand insights, recommendations and practical guidelines drawing from his extensive experience in workplace and rural health settings that focuses on his involvements in implementing various public health program interventions. This includes his involvement with the Royal Flying Doctor Service as part of the Tasmanian based Integrated Primary Care Consortium (IPCC) as well as highlighting other successful community focused programs locally and overseas. Designing and facilitation of such programs can be met with many challenges (especially in regional and rural communities). Therefore, this session aims to equip the attendees with practical recommendations and strategies including; initiating stakeholder collaborations, sourcing funding opportunities, program modelling and personal development recommendations.