

TOPIC #1 - Sustainability Strategy

DETAILS

Sustainability refers to how an organisation both affects and is affected by environmental, social, and human factors that are central to its operations.

GCPHN is exploring the development of a Sustainability Strategy that reflects best-practice governance and aligns with changes to the Quality Management System (ISO 9001) certification requirements..

GCPHN is drawing on insights from other PHNs. Key drivers include increasing expectations from funders for Environmental, Social, and Governance (ESG) policies, and stakeholder demand for evidence-based, innovative, and forward-thinking practices.

DISCUSSION

Members shared suggestions and ideas on what GCPHN should consider in the Sustainability Strategy, including:

- Install recycling bins in meeting rooms to dispose of recyclable packaging and waste to reduce landfill.
- Include sustainability goals, targets, and initiatives in the Annual Report.
- Consider the sustainability of hard copy resources, balanced with the needs of communities with low digital literacy.
- Encourage employees to carpool to and from work, where possible.
- Formalise carpooling arrangements for business-related meetings.
- Reduce printing across the organisation and use sustainable practices such as eco-friendly inks, refillable cartridges and recycling of ink cartridges.
- Use recyclable bindings and finishes for professionally printed collateral.

NEXT STEPS

GCPHN staff consultations.
Development of the Sustainability Strategy.
Implementation in the 2026 calendar year.



"I think the organisation is on the right track with its sustainability plan."

Anon., CAC Members

TOPIC #2 - Preventing Heart Attacks and Stroke Events through Surveillance (PHASES)

DETAILS

Preventing Heart Attacks and Stroke Events through Surveillance (PHASES) is a statewide initiative jointly funded by the Department of Health, Disability and Ageing and Queensland Health. PHASES consists of two projects.

Project one – PHASES Data Linking Primary and Secondary Care Research project.

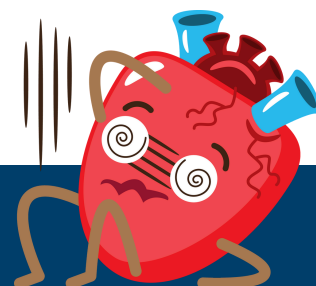
Aims to identify, at a population level, who is most at risk of developing cardiovascular disease (CVD). Linking data from general practices (primary care) and hospitals (secondary care), to provide valuable insights for Queensland Health and researchers into CVD rates, medication use, and opportunities to prevent heart attacks and strokes.

Project two – PHASES with Primary Sense™ Health system improvement project

A collaboration with all seven Queensland PHNs to improve the management of CVD through a proactive, data-driven approach to identify and treat existing patients to enable early intervention and improve the treatment of CVD in primary care.

Use of general practice data underlies the successful implementation of both the projects.

**CARDIOVASCULAR DISEASE IS ONE OF THE BIGGEST CAUSES OF
PREVENTABLE DEATHS IN AUSTRALIA**



TOPIC #2 - Preventing Heart Attacks and Stroke Events through Surveillance (PHASES)

continued

DISCUSSION	<p>CAC members were asked what they would need to know and what data they would feel comfortable providing and their preference on how to consent to data collection for this sort of project.</p> <p>CAC members indicated that they would be happy to share data that is deidentified and accompanied by an easy-to-understand transparent process that included details of who the data will be shared with. Most of the CAC members were happy for an opt out approach with a small number preferring to provide consent for each occasion that data is collected. They said that offering patients the opportunity to choose the data provided may influence their willingness to consent.</p> <p>The group were asked how likely they would be to respond to a request from their regular general practice to come in for a heart health check and what the message should include. Members were divided on whether a personalised or generic SMS message would be more effective for booking a Heart Health Check. They recommended that including the heart health check in the 49+ health assessment could increase initial participation.</p> <p>To better reach underserved populations, digital assessments were suggested as a more accessible option. They agreed that consistent public health messaging is important to raise awareness of the benefits of regular heart health checks. Members suggested using language that is supportive and easy to understand. For example, avoid terms like “control,” (which may be stigmatising), “moderation” (which can be vague) and consider using “longevity” instead of “risk” when discussing risk factors with GPs.</p>
NEXT STEPS	<p>PHASES is being implemented over five years.</p> <p>Feedback will be considered by the GCPHN PHASES project working group.</p> <p>To inform project planning, feedback will be provided to Country to Coast PHN as the lead for PHASES project.</p> <p>CAC will revisit the PHASES project as it progresses.</p>

TOPIC #3 - Your Mood Moves With You

DETAILS	<p>Your Mood Moves With You is a mental health campaign promoting the positive connection between physical activity and mental wellbeing. The campaign encourages people to embrace movement to boost their mental health and wellbeing in accessible, everyday ways.</p>
DISCUSSION	<p>CAC members provided the following feedback on campaign visuals and messaging:</p> <ul style="list-style-type: none">• Represent a diverse range of body types and settings, including at home environments, to reflect that movement is accessible and enjoyable for everyone.• Rather than focusing solely on traditional forms of exercise like gym workouts or jogging, highlight incidental activities such as vacuuming, gardening, walking, or active time with family.• Highlight the mental and social benefits of exercising with others to support motivation and connection.• Members agreed the campaign name, Your Mood Moves With You, is relatable, emotive, and memorable.
NEXT STEPS	<p>Member feedback will be incorporated into the development of final campaign materials and key messaging.</p> <p>A letter of support endorsed by CAC will be provided to accompany the grant application to fund the campaign.</p>

“EXERCISE THAT YOU CAN DO IN YOUR PYJAMAS WOULD BE VERY HELPFUL”

Anon., CAC Member

