Social Inclusion Shared Measurement Project

Holstep Health

'Social inclusion' means people have the resources, opportunities and capabilities they need to:

- Learn • Work • Engage • Have a voice [1]

It is often used interchangeably with concepts such as social capital, social cohesion, and social connectedness.

Social connection and relationships are significant protective factors for mental health and wellbeing.

Conversely, loneliness is a significant mental health risk factor and is also associated with poor physical and mental health and early death.[2]

Many organisations are working on programs or activities that aim to address social inclusion:

Community health   Local government   Libraries   Neighbourhood houses   Leisure centres   Others!

By asking the same evaluation questions at the end of a program and sharing the responses, we can start to see, understand and demonstrate our collective impact. Since 2018, partners have worked on developing a framework[3] and a suite of 6 questions we can ask (see following page). Results are displayed on a password-protected live 'data dashboard' on the Victorian government website portal.

Benefits

The partnership have found the following benefits to co-designing a data dashboard:

- Shows consistent data across the partnership
- Allows larger data set and stronger data about our 'collective impact'
- Guides planning for projects (identifying, designing & evaluating)
- Helps identify gaps to better meet the needs of our community

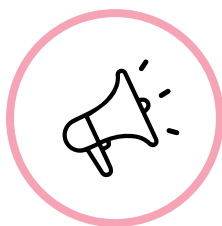Sample screenshot of data dashboard
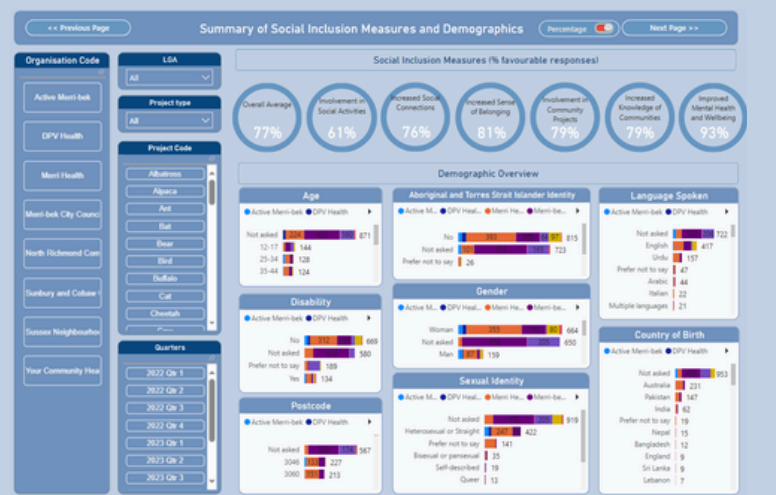
Our resources

Below are the suite of questions to choose to include in evaluations.
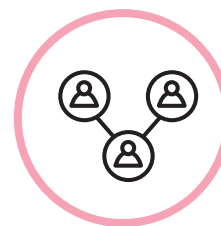There are also demographic questions to allow us to see who we are reaching.

SOCIAL ACTIVITIES

Since being involved in this program/service, I participate in social activities more often

COMMUNITY ACTION

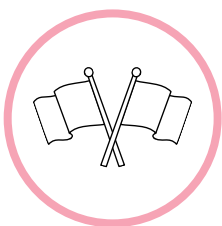I have opportunities to be involved in community projects and initiatives

SOCIAL NETWORKS

Being involved in this program/service has increased my social connections and networks

BELONGING

As a result of this program, I have an increased sense of belonging in my community

DISCRIMINATION

As a result of this program/service, I have an increased knowledge and appreciation of different communities

MENTAL WELLBEING

I believe participating in the program contributes to supporting or improving my mental health and wellbeing

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To help implement this project and ensure consistency, there are documents and templates for partners to access, as well as staff support.

Social Inclusion Framework

Letter of agreement

Data collection notice

Survey guide & template

Data cleaning template

Staff member support

Do you want to join us?

☐ Does your program aim to increase social inclusion?

☐ Can you ask for participant feedback at the end of program?

☐ Will you share the results back with the partnership?

If you answered YES to all of the above, email to get involved:
community.wellbeing@holstephealth.org.au

References
[1]Department of Prime Minister and Cabinet (DPC). [2012] Social Inclusion in Australia: How Australia is Faring, 2nd Edition. DPC, Canberra 2019.
[2]Carbone, S. (2020) Evidence review: The primary prevention of mental health conditions. Victorian Health Promotion Foundation, Melbourne.
[3]Trezona, A. [2019] Inner North West Primary Care Partnership Social Inclusion Measurement Project Full Report. Trezona Consulting Group, Melbourne.