



# PROJECT ECHO®

## Building the prevention capabilities of Queensland workforces.

### The story of Project ECHO® in Queensland, Australia

Project ECHO® (Extension for Community Healthcare Outcomes) is a virtual knowledge sharing model that expands the capability of health and other professionals by engaging, interactive conversational communities of practice. Project ECHO® Learning Series bring together experts and participants to share evidence-based knowledge, discuss cases or scenarios and develop new professional skills.

The Health and Wellbeing Queensland (HWQld) Project ECHO® Hub aims to build prevention capabilities of targeted workforces based on learning needs in partnership with key stakeholders.

In 2021, three Project ECHO® Learning Series were developed and delivered to 77 participants.

1

#### Creating a healthier remote food stores environment

**Why?** In remote communities, food and drink purchased from the local store makes up ~90% of total food and drink consumption.

**Aim:** To provide participants with insights on key areas for working effectively with remote store business owners and operators and how to facilitate best-practice change in the remote food environment.

**Target audience:** Community dietitians, Public health nutritionists, Policy officers, Health Practitioners working in remote communities.

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*I'm undertaking the series because understanding how I can engage with and support stores, and build relationships, will be so valuable going forward...*



**90%** plan to integrate the series content into practice.

2

#### Develop skills in early childhood nutrition

**Why?** ~65% of Australian children aged 1–4 years attend some form of childcare and children receive at least 50% of their daily food intake while attending early childhood education settings.

**Aim:** To provide participants with a thorough understanding of key nutrition topics for children aged 0-5 years.

**Target audience:** Early childhood educators, Family day care providers, Playgroup facilitators.

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*I have valued being able to talk (& see) and share ideas with each other.*



**64%** found the group discussions to be useful/extremely useful.

3

#### Tuckshop menu planning series

**Why?** Only 4.6% of Queensland children aged 8–11 years eat the recommended amount of vegetables. 37% of a child's energy is consumed at school.

**Aim:** To upskill and empower tuckshop convenors in reviewing and updating tuckshop menus to align with the Qld Smart Choices Healthy Food and Drink Supply Strategy.

**Target audience:** Tuckshop convenors.

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*“One cannot beat communication with other like-minded people”*



**78%** found the group discussions to be very/extremely useful.

### Method



### Next steps

Research activities are ongoing and will provide a greater understanding of the changes in practice, confidence, attitudes and knowledge of series participants. Preliminary data from evaluation indicates that the Project ECHO® model was well received by participants and deemed beneficial to build prevention capabilities of targeted workforces beyond clinical settings.



Jacqueline Walker<sup>1</sup>, Joanna Munro<sup>2</sup>, Lorissa Raethke<sup>2</sup>, Robyn Littlewood<sup>2</sup>

1: School of Human Movement and Nutrition Sciences, The University of Queensland,  
2: Health and Wellbeing Queensland

@HealthandWellbeingQld  
 @HealthandWellbeingQld  
 @HW\_Queensland  
 Health and Wellbeing Queensland

